

# The Morning Calm Weekly

Volume 3, Issue 3

PUBLISHED FOR THOSE SERVING IN THE REPUBLIC OF KOREA

Oct. 22, 2004

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## Health officials address USFK flu vaccinations

*Officials anticipate offering more vaccinations as influenza vaccine becomes available*

### 18th Medical Command

**YONGSAN** — A shortage of influenza vaccine in the United States will not mean a shortage for U.S. Forces Korea active-duty servicemembers.

Officials announced Monday they have enough vaccine to immunize:

- USFK active-duty servicemembers
- Korean Augmentation to the U.S. Army Soldiers
- Emergency-essential civilians

- Mission-essential civilians
- Medically high-risk people

Health care providers said medically high-risk people are defined as all children 6–23 months, adults older than 65, people 2–64 years with underlying chronic-medical conditions, all women pregnant during the influenza season, children 6 months–18 years on chronic aspirin therapy, out-of-home caregivers and household contacts of children less than 6 months, officials said.

“As more influenza vaccine becomes available,” said Lt. Col. Renee Nelson, 18th Medical Command community health division chief, “we anticipate offering vaccinations to other beneficiaries.”

This year, the flu shot will be given with anthrax and smallpox vaccinations for those who are required to receive these additional shots.

“Receiving all three shots at the same time is safe and very effective at protecting the force against all three threats,” Nelson said. “Military treatment facilities and unit points of contact will coordinate active-duty servicemembers and other essential personnel immunizations.”

Nelson said all high-risk beneficiaries should contact their treatment facility or discuss this vaccine with their health care provider.

Influenza, better known, as “the flu” is an infection of the respiratory tract

and caused by the influenza virus. People at highest risk of severe illness or death from the flu include people 65 years and older and small children less than 2 years old.

Although officials said it is a very common illness, the Centers for Disease Control and Prevention indicates that about 200,000 people are hospitalized and about 36,000 people die each year in the United States because of the flu.

In Area II, medical officials have set up a location with expanded hours to handle the vaccinations.

For your convenience, officials said, the 18th Medical Command Medical Readiness Team located at the Yongsan

See **Vaccinations** on Page 4

### Warriors on the soccer field of battle



PHOTO BY PFC. STEPHANIE PEARSON

Spc. Guy Weaver, 602nd Aviation Support Battalion (left) defends the ball Monday against Sgt. Mason Woods, Division Artillery at Camp Red Cloud. See more on Page 5.

## Director visits peninsula to discuss changes, future of Army bases

By Steve Davis

Area III Public Affairs Office

**CAMP HUMPHREYS** — The Installation Management Agency director visited the Republic of Korea Oct. 12-14 to meet his Korea region headquarters staff and visit Camp Humphreys, a future hub of military power projection in Northeast Asia.

Maj. Gen. Ronald L. Johnson said his priority since taking command of the Installation Management Agency, or IMA, Aug. 9 was visiting each of the agency’s seven regions worldwide.

“I’m traveling around the world to make contact with all seven regions, to meet our people to give them some philosophical underpinnings of my leadership and management style, and to discuss future challenges and what our focus ought to be,” said Johnson, who commanded the Gulf Region Division of the U.S. Army Corps of Engineers and was U.S. Deputy to the Program Management Office of the Coalition Provisional Authority in Baghdad before taking command of Washington, D.C.-based agency. “I’ve worked in this theater before and am familiar with the special conditions for our Soldiers, civilians and family members here in Korea,” said Johnson, who once commanded the Army Corps of Engineers Pacific Ocean Division.

“But it’s always good to come back and have commanders on-the-ground give me a renewed perspective.”

The perspective in Korea includes the phased withdrawal of up to 12,500 troops over the next few years and a base realignment plan that will shift remaining U.S. troops north of the Han River to expanded military “hubs” in the Osan Air Base-Camp Humphreys region.

“It’s really not about the numbers; it’s about capability,” said Johnson. “The (support) capabilities we need for our installations in this theater are exactly the same as they are today. We just have to be flexible enough to adjust as we move organizations and units out of the Western Corridor to their final objective locations, with the center of gravity being here in the Camp Humphreys area and Area III. We’ve got to have the right space, construction and programs in place to support unit and family readiness and the quality of life.”

Johnson said the Installation Management Agency can make “a huge contribution” by synchronizing infrastructure and base support initiatives with U.S. Forces Korea Commander Gen. Leon LaPorte’s goal to create more command-sponsored positions in the Republic of Korea.

See **Director** on Page 4

## NEO practices emergency procedures

### USFK Public Affairs Office

**YONGSAN** — U.S. Forces Korea is conducting a semiannual noncombatant evacuation operations exercise through Saturday.

Courageous Channel is a regularly scheduled exercise and is unrelated to any current or specific events. The three-day exercise started Thursday.

This exercise tests the command’s NEO plans and procedures for a short-notice evacuation from the Republic of Korea. The joint training exercise

involves Army, Air Force, Navy and Marine Corps servicemembers stationed on the peninsula.

“The goal of this Courageous Channel is to process 100 percent of our Department of Defense-affiliated noncombatant community. The key to making that goal is ensuring people know about it and take the time to process through one of our evacuation control centers,” said Maj. Titus Brown, USFK noncombatant

See **NEO** on Page 3



## MP Blotter



The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.

■ **Unlawful entry:** A Korean civilian lost his way while hiking outside of a U.S. military installation's fence line. The man, by unknown means, illegally gained access to an on-post area near a unit motor pool. He was apprehended and transported to the military police station where he was processed and released to the Korean National Police.

■ **Larceny of government property:** Two Soldiers entered a troop medical clinic, which was unsecured and unattended, and removed two bags of various medical supplies. An officer detained the Soldiers as they were leaving the building. One of the Soldiers also had a "sked-pak" bag in his room that belonged to the TMC. The Soldiers were apprehended and transported to the Provost Marshal Office. They were further processed and released to their unit. The cost of loss is unknown. A military police investigation continues.

■ **Damage to government property:** A Soldier was seen damaging a government vehicle by punching and kicking it for unknown reasons, causing various damage. Military Police arrived and apprehended the Soldier and transported him to the PMO. MPs detected a strong odor of alcohol, and administered a series of field-sobriety tests, which the Soldier failed. He was processed and released to his unit.

■ **Wrongful transfer of duty-free goods:** Two Soldiers purchased two five-gallon containers of gasoline, and poured it into an unauthorized vehicle. The subjects were detained and transported to the PMO, where they were advised of their legal rights, which they waived, rendering written sworn statements admitting to the offense. They were further processed and released to their units.



## KATUSA Soldiers prove to be resource, opportunity

By David McNally

Area I Public Affairs Office

Whenever I get the chance to talk to a Korean Augmentation to the U.S. Army Soldier, or KATUSA, I inevitably ask, "What has your experience been so far with Americans?"

The answers are usually positive, but I know from experience it isn't always that way.

I think we have an opportunity unlike any other to learn from each other about our respective cultures.

These young men spend two years of their lives working side-by-side with U.S. Soldiers. They see the good, and they also see the bad. When they leave the service, they take with them an impression they pass on to everyone they meet.

This past weekend I went on the Camp Stanley Volksmarch.

For about 30 minutes, I talked with a KATUSA corporal and had a fascinating conversation.

He had just transferred from Camp Hovey to Stanley because his unit had deployed to Iraq.

I asked him about his experiences with Americans, but I also asked him what he most wanted American Soldiers to remember when they leave his country.

"I want them to know there is more to Korea than the ville," he said. He was referring to the entertainment establishments outside many U.S. military installations.

He told me about how he took many of his American friends from Camp Hovey to Seoul. He wanted to show them there is much more to his country than just what is outside the main gate.

*"There is more to Korea than the ville."*

-KATUSA Soldier

Most of these men are half-way through their college education. Many have already decided on a major, and have decided on a direction for their lives.

These young Soldiers have spent years studying the English language. While their conversational skills may not always reflect this, the only way to improve is practice.

To qualify for the KATUSA program, applicants must score at least 700 out of 990 points on the Test of English for International Communication, or TOEIC.

Pfc. Lee Jun-min became a KATUSA Soldier in April 2004. He studied English in middle and high school, and even attended an English academy, but he said he never spoke to a native-English speaker before joining the Army.

"After six months, I know my English has improved," Lee said. "Being a KATUSA is a good way to learn English."

I would recommend that Americans talk to KATUSA Soldiers, encourage them, and learn more about their culture.

At the same time, why not take the opportunity to act as an ambassador for our own country?

If you pass along a positive image of America, you could leave an impression that will last a lifetime.

I was on a trip to Mount Seorak, on Korea's east coast, a couple of years ago. An older Korean gentleman came up to me and proudly told me he was a former KATUSA Soldier. He had good memories from his time with the U.S. Army.

A lifetime of goodwill and friendship is yours for the taking.

### Submitting commentaries

E-mail commentary submissions to  
morningcalmweekly@korea.army.mil.

Submissions may also be mailed to:

Morning Calm Weekly, PSC 303, Box 51, APO AP 96204-0051

Keep submissions about a page in length and include your name, rank and duty station. The Morning Calm Weekly staff reserves the right to edit letters for length, taste and clarity.

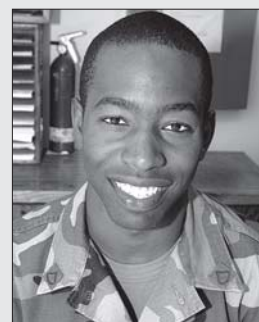
## Morning Calm Weekly Soundoff: How do KATUSA Soldiers help?



"They give us an insight into Korean culture," said Sgt. Terrish Butler, Headquarters and Headquarters Company, 122nd Signal Battalion, Camp Red Cloud.



"We help translate between Soldiers and Korean people," said Pfc. Ahn Jin-ho, Headquarters and Headquarters Company, 122nd Signal Battalion, Camp Red Cloud.



"They support our unit activities and help out in the supply rooms," said Pfc. Kudakwashe Ushe, Company B, 532nd Military Intelligence Battalion, Camp Humphreys.



"They work in training and serve as a liaison with other Korean and U.S. military units and Korean contractors," said Sgt. 1st Class Marvin Rice, Company B, 532nd Military Intelligence Battalion, Camp Humphreys.

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Support and Defend



## NEWS &amp; NOTES

**Korea America Friendship Society concert**

A Korea America Friendship Society concert will be held at the Seoul American High School Auditorium 7 p.m., Oct. 29. The concert is open to the public. For more information, call 738-5212.

**Marine Corps Birthday**

The U.S. Marine Corps will celebrate its 229th year of existence with a birthday ball Nov. 10 at the Grand Hyatt Hotel Ballroom in Seoul. Tickets are \$60 or 75,000 won. A cocktail reception will start 6 p.m., ceremony 7 p.m. and dinner 7:30 p.m. This is a black tie or military equivalent event. Call 723-7053 for information on purchasing tickets.

**Post Offices Updates**

■ Post offices will remain open on U.S. Forces Korea training holidays. Officials said for your mailing convenience, Army Post Offices will be open Nov. 12 and 26. Contact your local post office for hours of operation.

■ The deadline for holiday mailing for first-class letters and cards sent to the United States is Dec. 11. For packages, officials recommend mailing before Dec. 4.

■ The deadline for holiday mailing for first-class letters and cards sent to Army Post Offices in Europe is Dec. 4. For packages, officials recommend mailing before Nov. 27.

For more information, visit your local post office.

## Courts-Martial

**United States v. Sgt. 1st Class Francis Delgrosso**

A military judge at a special court-martial tried a Soldier from American Forces Network-Korea Oct. 5. Pursuant to his pleas, the judge found the Soldier guilty of:

■ Stealing more than \$9,500 from the U.S. government for Basic Allowance for Housing fraud.

■ Providing false statements on the authorization to start, stop or change, Department of the Army Form 5960, regarding where his dependents actually resided, in an effort to receive a higher BAH rate.

■ Providing false statements on his travel voucher. The military judge sentenced Delgrosso to be confined for five months and to be reduced to E-5. Delgrosso had served more than 19 years in the Army.

**United States v. Staff Sgt. Annette Edwards**

A military judge at a general court-martial tried a Soldier from Headquarters and Headquarters Company, 8th Personnel Command Oct. 6. Pursuant to her pleas, the judge found her guilty of:

■ Forging her permanent change of station orders to the Republic of Korea (three specifications).

■ Obtaining \$6,000 worth of services under false pretenses in connection with her PCS move by using the forged orders (three specifications).

■ Filing fraudulent tax returns on behalf of other soldiers (28 specifications).

■ Larceny of more than \$37,900 in U.S. government funds for the refunds in connection with the fraudulent tax returns (24 specifications). The military judge sentenced Edwards to be reduced to the grade of E-1, to be discharged from the service with a bad-conduct discharge, and to be confined for three years. Edwards had served more than 19 years in the Army.

## More troops depart for Southwest Asia

*Military Police to support Operation Iraqi Freedom***USFK Public Affairs Office**

**YONGSAN** — Two platoons of military police Soldiers departed Osan Air Base Wednesday enroute to Southwest Asia to provide temporary support to Operation Iraqi Freedom.

The 70 728th Military Police Battalion Soldiers participated in an intensive preparation period for the redeployment, focusing on revalidating their Army skills as well as completing theater-specific training mandated by the U.S. Central Command.

"I don't know of an MP unit more capable of assuming a combat mission on short notice," said Col. Falkner Heard III, 8th MP Brigade commander, Wednesday during the unit's Daegu departure ceremony. "These are the most dedicated, technically and tactically proficient Soldiers in the MP Corps."

This is the second time this year Soldiers assigned to Korea have redeployed off the peninsula in support of Operation Iraqi Freedom. Officials said this is not the start of a trend.

The military police platoons have specific skills that are needed to support Operation Iraqi Freedom and they will conduct essential security operations as military forces reset their overall rotation schedule.

"You have a reputation of being the best trained brigade and battalion in our regiment," said 8th Military Police Brigade Command Sgt. Maj. Tommie Hollins. "That says a lot. That means a lot. Last week I got an e-mail from the 16th MP Brigade sergeant major and he said 'I am very, very happy that we have part of the Watchdog Brigade coming over.'"

Hollins added, "Take care of each other and trust in your leadership. The leadership will take you there and they will bring you back."

The 8th Military Police Brigade, with its headquarters at Yongsan Army Garrison, conducts a wartime mission of area security; law and order; enemy prisoner of war; and battlefield circulation control operations throughout the theater.

The 728th Military Police Battalion at Camp Henry commands and controls all combat support military police from Camp Humphreys to Camp Hialeah.

The deploying Soldiers are from the 57nd and 552nd Companies of the 728th MP Battalion.



PHOTO BY GALEN PUTNAM

2nd Lt. Megan Pascoe, 728th Military Police Battalion, salutes Tuesday during a departure ceremony at Camp Walker's Kelly Field. The military police departed Korea Wednesday for Southwest Asia to support Operation Iraqi Freedom

## NEO

from Page 1

evacuation operations deputy chief.

Brown said one of the keys to a high turnout is to make sure word gets out, particularly because personnel turnover means new family members and other noncombatants eligible for evacuation arrive regularly.

Specially designated wardens receive training assist noncombatants during the evacuation process. Before assembling at evacuation control centers Oct. 21-23, NEO wardens were required to contact all of the noncombatants in their units to ensure a 100 percent inspection of NEO kits, said Master Sgt. James Hardin, Area II NEO noncommissioned officer in charge.

During the exercise, about 20 volunteer noncombatants from several USFK areas will participate in a limited relocation. This part of the exercise will allow the command to perform the full range of tasks it would execute during an actual short-notice evacuation.

"It's extremely important for sponsors, NEO wardens and noncombatants to work together and have their paperwork and NEO kits prepared and ready for any contingency," said Sgt.

1st Class Richard Reed, Area II NEO coordinator.

"The participation of noncombatants is the most important aspect of any NEO training," said Lt. Col. Joyce Jacobs, USFK NEO chief. "Although we experienced great success this past spring, our goal is 100 percent participation during our Courageous Channel exercises."

Jacobs said this helps to provide, "realistic training for both our military personnel who execute the mission and noncombatant personnel must know what to do in an actual crisis situation."

Exercise participants will process through evacuation control centers to verify the completeness and accuracy of their NEO packets, and to become familiar with processing procedures.

This Courageous Channel exercise will also employ the NEO tracking system. Officials said this is to evaluate operator proficiency and demonstrate performance improvements in the system's ability to track noncombatants as they move through the evacuation process from Korea to the repatriation sites in the continental United States.

Vaccinations

from Page 1

Soldier Support Center, building S-4034, Room 117 and 118 (across from the Dragon Hill Lodge behind Harvey's Lounge) offers expanded evening hours from 4-7 p.m. for individual servicemembers who require immunizations.

Servicemembers must bring their medical records and yellow shot records.

More than 24,000 U.S. servicemembers were affected with influenza in 2002, with 1,501 of them requiring hospitalization.

"Compared with most other viral respiratory infections, such as the common cold," Nelson said, "influenza infections often cause the more severe complications."

Generally, people who get the flu recover in about one to two weeks. Common symptoms include fever, sore throat, stuffy or runny nose, cough, headaches, fatigue and muscle aches. The elderly and people with chronic-health problems are more likely to get the flu, and may develop serious, life threatening

medical complications such as pneumonia.

The virus is spread indirectly through coughing or sneezing, and directly when shaking hands or sharing items such as a drinking glass.

Health officials said the best ways to prevent or significantly reduce flu or cold risk include frequent hand washing, covering the nose and mouth when coughing and sneezing, and proper disposal of tissues after use.

Another risk-reducing preventive measure is to get the annual flu shot, and the best time to get the flu shot is October and November, Nelson said.

Since influenza has a history of causing disease and nonbattle injury rates that reach epidemic proportions, getting the vaccine helps to preserve and ensure readiness. Many people think the flu shot can give them the flu, Nelson said.

"This is simply not true," he said. "Some people may get the flu even after getting the flu shot, but they will still be protected against the more severe complications of the flu."

Director

from Page 1

Johnson acknowledged the impact of troop-level changes and base realignment over the next five years.

"As we identify requirements for the IMA-Korea Region – and that will be a function of the number of Soldiers, civilians and family members we have to support here – we will have to

**"We don't want 'haves' and 'have-nots.'"**

-Maj. Gen. Ronald L. Johnson

of each base location, Johnson said the emphasis is on standardizing the quality of life without creating a "one-size-fits-all" environment.

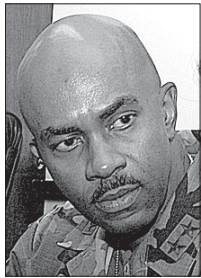
"We can give the same look-and-feel to our 181 installations worldwide so that, as Soldiers and family members move from Army post to another, they can have a pretty good

feel for what they can expect in terms of services when they get there. We don't want 'haves' and 'have-nots,'" said Johnson. "We want people to feel good about moving around the Army."

Johnson said Army leaders are committed to improving the quality of life at Army bases worldwide and, with the creation of the Installation Management Agency two years ago, the Army is moving "in one-way, in one direction toward that goal."

Before flying Oct. 14 to the IMA-Pacific Region headquarters in Hawaii, Johnson flew with Brig. Gen. John A. Macdonald and other IMA-Korea Region headquarters staffmembers to Camp Humphreys, where he was briefed on the Camp Humphreys master plan by Area III Director of Public Works Bart Mirabal and taken on a windshield tour of Camp Humphreys by Col. Michael J. Taliento Jr., the Area III commander.

At the five-story, 56-unit family housing building, he was briefed by Housing Officer Helen Nurse on phases two and three of the Army-funded housing being built for command-sponsored personnel. He also chatted with family members Patricia Hines and Tarita Harris at a new family housing playground.



Johnson

for another organization," he said. "These are hard choices. As an Army, we have always taken care of our people. Korean nationals are 'our people,' too, and we will do the right thing to make sure that people are taken care of as we transition to our objective."

Johnson also addressed the Installation Management Agency's global focus.

"The chief of staff of the Army's focus on installations as 'flagships' entails some important things: the ability to launch from installations to execute our missions; to train on those installations and to provide the same quality of life for Soldiers, civilians and family members as the civilians they have taken an oath to protect."

Because the focus must be different based upon special conditions

AD  
GOES  
HERE



# Warrior Country

Oct. 22, 2004

Page 5

## Camp Stanley warriors celebrate Octoberfest

By David McNally

Area I Public Affairs Office

**CAMP STANLEY** — About 70 Soldiers and civilians started a day of traditional German festivities here with a 10-kilometer volksmarch early Saturday through heavy fog.

The Better Opportunities for Single and Unaccompanied Soldiers program sponsored the event. They also hosted the same event last year.

"We had a lot of goals, but basically we wanted to entertain the Soldiers," said Spc. Mariana Mendoza, Camp Stanley BOSS president.

Mendoza said besides the volksmarch, they provided German food and music.

"We're very happy with the participation," Mendoza said. "I think the community comes together through BOSS."

Spc. Steve Durrett, Headquarters, Service and Support Battery, 6th Battalion, 37th Field Artillery, was one of the volksmarchers.

"It's something to do," he said. "I was here for the one last year."

Durrett said most of his unit participated in the volksmarch.

Some Soldiers ran the 10-kilometer trail through the Korean countryside, but most hiked.

"It's good exercise," Durrett said. "The Koreans are looking at us with curiosity. They probably wonder what's going on."

Many marchers had been stationed in Germany before, and experienced a true volksmarch.

In Europe, marches are listed weekly in the Stars and Stripes newspaper. Many Americans participate alongside European marchers.

After the Camp Stanley Volksmarch, participants lined up for free T-shirts. Event coordinators fired up grills and set up booths in the commissary parking lot.

Morale, Welfare and Recreation provided entertainment for the event with two bands.

"It turned out pretty good," said Jimmy Dobbs, Camp Stanley Community Activities Center manager.

That could be considered a high compliment, as Dobbs said he had experienced a real Munich Oktoberfest in 1965.

E-mail david.mcnally@us.army.mil

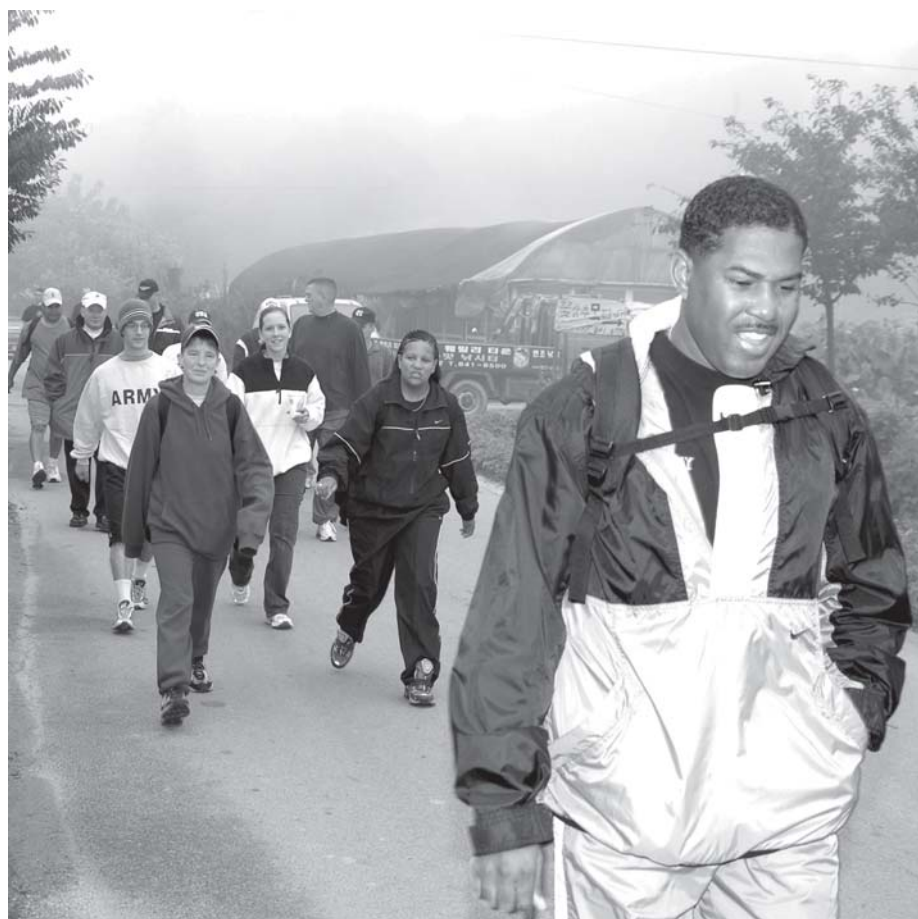


PHOTO BY DAVID MCNALLY

Command Sgt. Maj. Dwight Morrissey, senior noncommissioned officer for the 6th Battalion, 37th Field Artillery Regiment (right), leads the way Saturday on the second Camp Stanley Volksmarch. About 70 marchers hiked 10-kilometers through the Korean countryside.

## CRC soccer tourney brings out best

Area I Public Affairs Office

**CAMP RED CLOUD** — Five Warrior Country teams met on the Camp Red Cloud soccer field Monday through Wednesday to determine the 2004 company-level soccer champion.

Teams from Company A, 602nd Aviation Support Battalion, Headquarters and Headquarters Battery,

Division Artillery, Company B, 102nd Military Intelligence Battalion, 4th Chemical Company, and Headquarters and Headquarters Company, 1st Battalion, 72nd Armor Regiment battled it out in the three-day tournament.

Company B, 102nd Military Intelligence took the championship Wednesday by defeating Headquarters and Headquarters Battery, Division Artillery in the finals.



PHOTOS BY PFC STEPHANIE PEARSON

Pfc. Todd Bayha, Headquarters and Headquarters Battery, Division Artillery (right), faces off with Cpl. Choi Jang-won, Company A, 602nd Aviation Support Battalion in a tournament match Monday at Camp Red Cloud.



Mason Woods, Headquarters and Headquarters Battery, Division Artillery dominates the ball Monday at Camp Red Cloud.



Cpl. Shin Yung-soo, Company A, 602nd Aviation Support Battalion (right), attempts to steal the ball from Wood.



## NEWS & NOTES

### Thrift Savings Plan

Civilian and military employees can sign up for, or change, their Thrift Savings Plan contribution amounts during the open season, Oct. 15 through Dec. 31. For more information, visit [www.dfas.mil](http://www.dfas.mil).

### Darryl Worley Concerts

Country singer Darryl Worley will perform at Camp Casey's Carey Fitness Center 7 p.m. today and in front of Freeman Hall at Camp Red Cloud 5 p.m. Sunday. An autographed guitar will be given away in a drawing at the Camp Casey show. Participants must be present to win.

### Shalom House

Camp Casey Soldiers and military wives will participate in the Shalom House Bazaar and Dance Saturday from 1 to 5 p.m. For more information, call Diane Gavin at 011-9682-5984.

### Fall Fair

The Camp Red Cloud Enclave Fall Fair will take place on CRC Sunday. There will be a nine-hole golf "scramble" at 7:30 a.m., a 5-kilometer fun run and 10 mile bike ride at 11 a.m., a flag football game at 1 p.m., and food, drinks, live bands, air games and displays beginning at noon. The highlight will be a performance by country music singer Daryl Worley at 5 p.m.

### Newcomers Orientation

Camp Red Cloud Army Community Service will host its monthly newcomers orientation 8 a.m. Wednesday at the ACS classroom. For more information, call 732-7292. The Camp Casey ACS will host its newcomers orientation 8:15 a.m. Nov. 23 in the ACS classroom. To reserve a seat, call 730-3107.

### BOSS Halloween Party

Camp Red Cloud Better Opportunities for Single and Unaccompanied Soldiers is hosting a Halloween party 10 p.m. – 3 a.m. Oct. 29 at Mitchell's Club. There will be contests for best costume, guessing the number of candy corn, blindfolded spider racing, and a witch's brew drinking contest.

### Speed Pool Tournament

The speed pool tournament finals will be held at Camp Red Cloud's Mitchell's Club 8 p.m. Oct. 29. The winner will get the chance to face speed-pool professional Dave Pearson Oct. 30 for a \$50,000 prize.

### Christmas Shopping Trip

The 2nd Infantry Division is hosting a Christmas shopping trip Nov. 7 to the Chosun Gift Shop in Yongsan for all warriors and their spouses. Refreshments, gift-wrapping and shipping services will be available. Buses will leave Camps Casey, Red Cloud, Stanley and Garry Owen at 9 a.m. Participants can sign up at their unit S-1.

### CID offers reward

The Criminal Investigation Division is offering a \$1,000 reward for information leading to the successful apprehension and prosecution of the person or persons responsible for stealing six U.S. government Compaq desktop computers, and nine Hansol flat screen computer monitors. The equipment was taken from Building 3752, Camp Hovey between Aug. 15 - Sept. 13. Anyone with information pertaining to the whereabouts of these items and/or person or person responsible for the theft is urged to contact the CID office at 730-3820 or 011-695-1784. Caller identity can remain confidential. This reward expires on Sept. 30, 2005.

## Army cracks down on prostitution

By Pfc. Giancarlo Casem

2nd Infantry Division Public Affairs Office

**CAMP RED CLOUD** — The 8th U.S. Army has strengthened its stance on prostitution and human trafficking.

Along with crackdowns by the Korean police on brothels and prostitutes, Lt. Gen. Charles Campbell has aired radio commercials strongly urging Soldiers and Department of Defense employees not to associate themselves with prostitutes.

Prostitution and human trafficking are demeaning acts toward women, said Capt. Kent Bennett, 2nd Infantry Division preventive medicine officer.

"By participating in this, a Soldier is contributing to the enslavement of women and girls from all over the world," he

said. "These women aren't (often) allowed to keep any money paid to them."

The Department of Defense is pushing for a change in the Uniform Code of Military Justice. Under the proposed changes, Soldiers who are found convicted of soliciting prostitution may be dishonorably discharged.

Bennett agrees with the proposed changes.

"Participating in prostitution is just that much worse since you are contributing to an entire industry based on violence," Bennett said. "I think that most will see this as a change that benefits not only the U.S. military, but also honest business owners and women around the world."

According to South Korean authorities, Seoul's sex industry generates an estimated \$21 billion per year. A recent raid in the red light district yielded 38 arrests.

Military and Korean National Police officers work together to provide patrols through the bars outside of military posts.

The 8th U.S. Army holds a zero-tolerance policy when it comes to prostitution and human trafficking, Campbell said.

Prostitution is a problem that affects not only the relationships between the U.S. Soldiers and their Korean neighbors, but also combat readiness, Bennett said.

"A Soldier who engages in sexual relations with a prostitute risks several health effects," he said. "The majority of these risks are those one would associate with sexually transmitted diseases such as HIV, genital warts and syphilis."

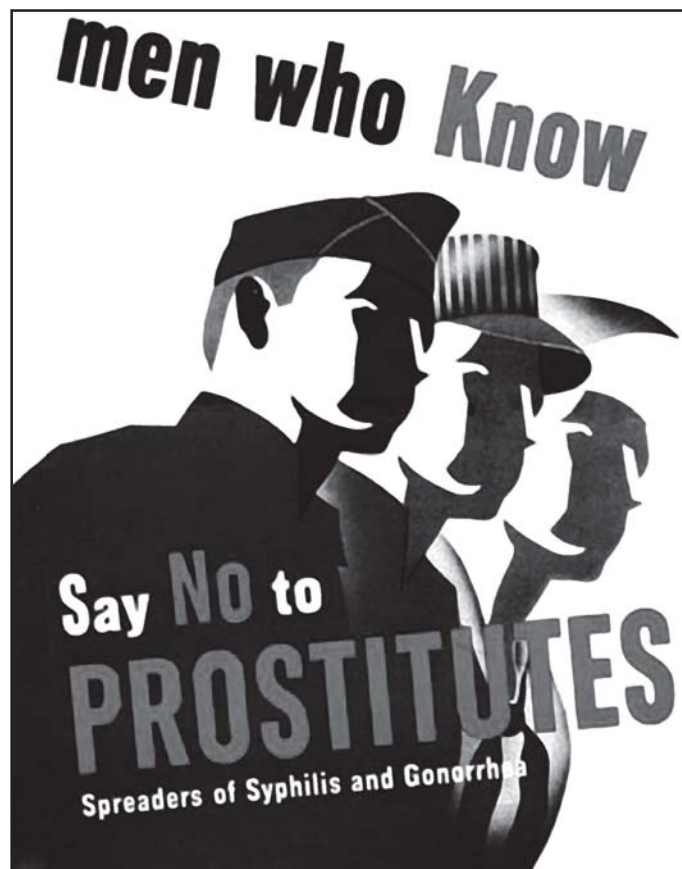
Bennett also added that this problem not only affects an individual Soldier, but also a larger element in general. "Even a Soldier who isn't married needs to consider the effect that getting an STD from a casual sexual encounter will have on current or future relationships," he said.

With the discernible problems that prostitution and human trafficking convey, there are many possible solutions to try and solve it.

"Don't condone it and don't buy into it," said Sgt. Sherri Davis, 473rd Quartermaster Company. "We have a lot of other activities for Soldiers, like libraries and cyber cafes."

*(Editor's note: This is the part one of a three-part series on prostitution and human trafficking)*

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## Troops to Teachers helps Soldiers start second career

By Pfc. Stephanie Pearson

Area I Public Affairs Office

**CAMP RED CLOUD** — Representatives from Troops to Teachers visited Camp Red Cloud Oct. 14 to talk to troops considering a second career after the military.

"Troops to Teachers is a program to encourage military personnel to consider teaching as a second career," said John Roth, a Troops to Teachers counselor and advisor. "We provide some financial assistance to them if they meet certain criteria, and then help them find jobs teaching in areas with low-income families and high-needs schools."

To be eligible for the program, servicemembers must have served at least six years active duty or 10 years in a reserve component, and they must meet the educational requirements. To teach an academic subject, they must have a bachelor's degree or higher; to teach a vocational or technical subject, they must have at least one year of college with six years of experience in that vocation.

In addition to financial aid, TTT also offers several other resources to help servicemembers in earning their teaching certification.

Those resources include a network of state TTT offices that provides participants with counseling and assistance regarding state certification requirements, job searches, help writing resumes, and links to information regarding a career in public education. "Everyone likes to focus on the money, but the other resources are the real value," Roth said.

"Troops to Teachers has marshaled a lot of resources that might be available to other people, but would be hard to come by," William McAleer, Camp Red Cloud DANTES advisor, added. "All the state coordinators are retired military, so you're not talking to somebody who is going to treat you as having alien experiences. They know what you've been through, what it's like, and they have contacts within the states."

Roth and McAleer said the military is a great place to find good teachers.

"Servicemembers make good candidates for teaching for a lot of reasons," Roth explained. "A lot of them have backgrounds working in the subject they want to teach. They also bring maturity to the classroom, and have had training in sexual harassment, diversity, leadership, safety and first aid. All of these are things they bring with

them from their development into the classroom."

"On a daily basis, officers and enlisted members instruct, motivate, lead and inspire," McAleer added. "On a daily basis, teachers instruct, motivate, lead and inspire. There's a lot of similarity between what a servicemember does and what a teacher does. One of the other things I think makes military people very good teachers is the fact that as troops, they are making a conscious decision of 'I want to teach.' That conscious decision means they've made a commitment, and commitment is what the military is very good at. Officers and noncommissioned officers are committed to seeing other people succeed."

Troops to Teachers was established in 1994 as a transition assistance program through the Department of Defense; in 2000, the program was transferred to the U.S. Department of Education and is managed by the Defense Activity for Non-Traditional Education Support. Interested servicemembers should contact their local education center, or visit the Troops to Teachers Web site at [www.ProudToServeAgain.com](http://www.ProudToServeAgain.com).

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# Former Soldiers experience changes after ax murders

By Spc. Chris Stephens

2nd Infantry Division Public Affairs Office

**PANMUNJOM** — After the Ax Murders and Operation Paul Bunyan, Soldiers stationed near the demilitarized zone had a lot to think about. Not only of the incidents, but also the lessons they learned from both.

Everything processed through their minds within the next few days, but it would take the years for everything to sink in.

“We all learned that given any challenge, an American Soldier can do anything the command sets its mind to do,” said retired Col. Victor Vierra, who commanded Task Force Vierra during Operation Paul Bunyan. “We ran a near perfect operation with no injuries, and thank God, no loss of life. That is certainly not what we expected when we launched the operations.”

For Jack Parris, a sergeant at the time, looking back is a regular experience.

“When I have a bad day, I think back on Operation Paul Bunyan and realize things could’ve been much worse,” he said. “I also realized that at the time, the North Koreans had no respect for life and the U.S. (would) take action when necessary.”

Another aspect learned by James McMillin, a sergeant at the time, was the importance of family.

“The decision to leave the material items that you have accumulated in combat boils down to one thing only,” he said. “It’s not your money or your camera, but the photos of your family. Until you get there, you don’t truly have the appreciation for what you have been given in this world. That leaves me with of a favorable impression of where my priorities are in this world.”

Then-2nd Lt. Charles Ladd learned how to take on the responsibilities of leading men in a combat situation.

“The responsibilities I felt for my platoon hit me right between the eyes,” he said. “I learned to trust my infantry,

ranger and airborne training, much like you trust that your parachute will open on the count of four.”

For then-Specialist 4 Mark Luttrull, who was Capt. Arthur Bonifas’ driver, he remembers the good times he had with his commander.

“I was (his) driver for nearly a year,” he said. “We spent a lot of time together and talked about many things.

“Since I was from Indiana, Captain Bonifas spent a lot of time speaking of Indiana University’s basketball coach, Bob Knight,” Luttrull said. “Coach Knight had been coach at West Point while Bonifas was there and in a manner of speaking, ‘set the program on fire.’”

Luttrull said he has carried something else with him over the past quarter-century.

“Out of all of the games I have watched Knight coach, I know that I’m watching it for two people,” he said.

Not too long after Operation Paul Bunyan, the Soldiers started dispersing to other duty stations. Some went state-side; others went to another overseas assignment, while some extended their tour in Korea for an extra year.

Upon finding out about the Ax Murders, Lt. Col. Michael Brouillette, a private first class at the time, said he had a burning desire to get revenge.

“After the incident, I volunteered to be the new company commander’s driver for a year and extend a year, which was unheard of back then,” Brouillette said. “I found a strong patriotism I did not really possess prior to the incidents, which I still enjoy today.

For others, the memories of what happened between the Ax Murders and Operation Paul Bunyan will continue to be with them every day of their lives.

“Many of us keep the memories (Ax Murders and Operation Paul Bunyan) with us each day,” Parris said. “I know it was a special time in my life and I look back on it with pride and sorrow for the loss of life on Aug. 18.”

*(Editor’s note: This is part three of a three part series on the 1976 DMZ ax murders)*

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## Army announces temporary restationing for 2BCT

Army News Service

**WASHINGTON, D.C.** — The Department of the Army announced Sept. 23 the temporary relocation of the 2nd Brigade, 2nd Infantry Division, or 2BCT, from Korea to Fort Carson, Colo., following its current deployment to Iraq. This action will result in an increase of approximately 3,700 military authorizations at Fort Carson. The Army projects this temporary relocation for late summer 2005.

Temporary stationing of 2-2 ID now is

See **Restationing** on Page 8



PHOTO BY DAVID McNALLY

Warrior Division troopers pass in review Aug. 2 at Camp Casey before departing for duty in Iraq.

## Exercise keeps you fit, flab-free

By Pfc. Stephanie Pearson

Area I Public Affairs Office

**CAMP CASEY**— Along with proper nutrition and healthy eating, exercising regularly is a crucial factor to lose weight and stay fit.

The second session of the “Weigh to Stay” program, offered through the 121st General Hospital nutrition department, in conjunction with Area I community health services, teaches overweight warriors how to incorporate exercise into their fitness plans.

More than 60 percent of adults in America are overweight, said Maj. Shelly Clyde, chief of clinical dietetics at the 121st General Hospital and one of the

class instructors. Only 20 percent of adults exercise enough to gain health benefits, and the military population makes up a large portion of that group. But more than 80 percent of people who have been successful at weight loss have significantly increased their physical activity to lose weight and keep it off, she said.

Besides building muscles, exercising can also lower tension; anxiety and depression; enhance a feeling of well-being; improve physical appearance; and increase the body’s ability to burn fat, Clyde explained.

“Exercise is very important,” she stressed.

Clyde told the Soldiers how to start an exercise program.

See **Exercise** on Page 8



PHOTO BY PFC. STEPHANIE PEARSON

Pfc. Casundra Jackson, 552nd Signal Company (left), and Senior Airman Adam D’Anthony, 607th Weather Squadron, pump weights Tuesday at the Camp Red Cloud Physical Fitness Center.



## Restationing

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operationally imperative to ensure the Army is postured to fully support its strategic commitments. Additionally, the 2-2 ID will transform to a campaign-quality force with joint and expeditionary capabilities that meet the demands of combatant commanders.

Officials said Fort Carson was selected based on existing facility capacities, available training space, and current locations of similar units. Family members of the unit's soldiers will soon begin relocating to Fort Carson. This restationing decision will provide stability and predictability to

Soldiers and their families' lives and supports the Army's plan to stabilize the force. This stationing action does not involve the relocation of any DoD civilian authorizations.

Earlier this summer the Department of Defense had announced that 2-2 ID would be part of the realignment of forces overseas and would not return to its bases in South Korea, but no U.S. destination was announced. The Army will address permanent stationing through the Base Realignment and Closure 2005 analysis.

## Exercise

from Page 7

"First, focus on your daily activities," she said. "How many hours a day do you spend watching television, playing on the computer, talking on the phone or reading books? These are sedentary activities."

Once you've assessed your level of activity, set goals, but keep them realistic, Clyde said.

"Start out small and build up slowly," she warned. "Then, figure out what motivates you. What activities are you interested in?"

Once you have identified some activities you would like to try, Clyde said to schedule the activity for a time that will allow you to be most consistent and at a location convenient for you.

There are three types of exercise: cardio-respiratory fitness, muscular fitness and flexibility. Clyde told the class to make sure to incorporate all three into any workout plan, and offered the following guidelines:

- perform cardio-respiratory fitness five to seven days a week for at least 30 minutes a session, with a five-minute warm-up.

- perform muscular-fitness training two to three days a week, doing a minimum of eight to 10 separate exercises. Perform a minimum of one

set of each exercise, with eight to 12 repetitions. Allow 48 hours between exercising the same muscle groups.

- increase resistance as your strength improves. This could mean adding more weight when muscular training, or increasing time, speed and distance for cardio-respiratory exercises.

- when lifting weights, use a slow, controlled motion. Never hold your breath, and never lock your joints.

- after exercising, stretch the muscles used during that activity with a slow, controlled motion. Hold the stretch 10 – 30 seconds, and repeat each stretch two to three times.

There are a lot of reasons people don't exercise, Clyde explained, but all of them can be overcome with the right mindset. Most important is not giving up, she said. Change your exercise program to keep it from becoming boring, and consider working out with a buddy to stay motivated.

"The best piece of advice I can give you is to make exercise a priority!" Clyde said. "Schedule exercise like you would any other obligation, and place emphasis on meeting that priority."

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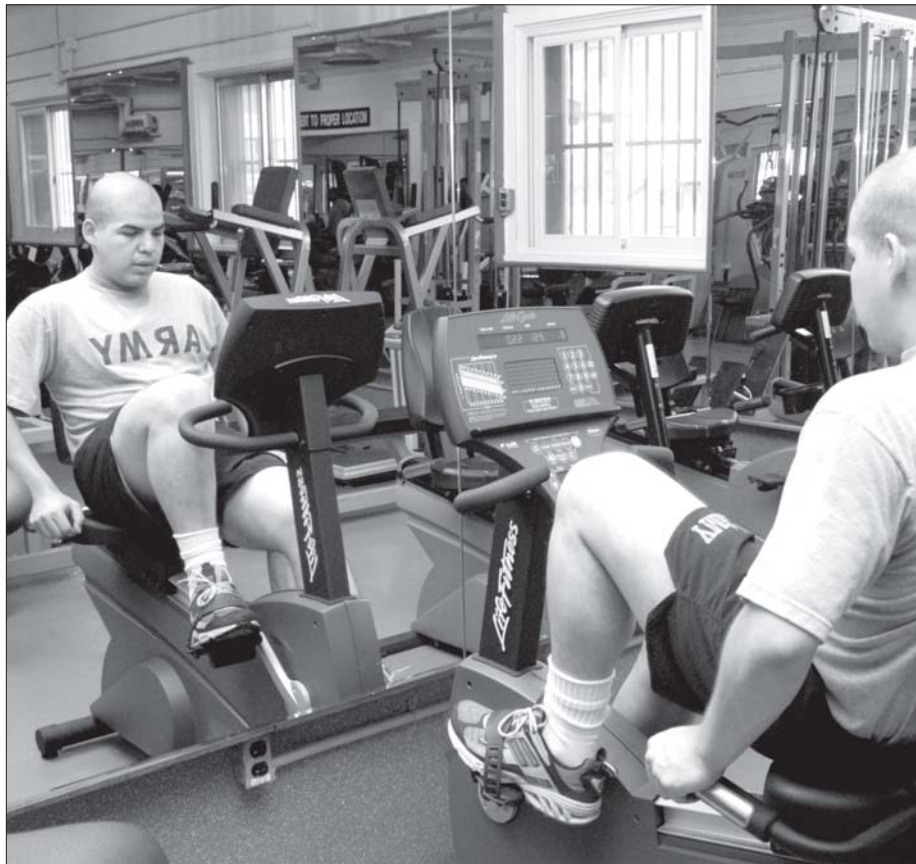


PHOTO BY PFC. STEPHANIE PEARSON

Pfc. Jesus DeLeon, 552nd Signal Company works out Tuesday afternoon at the Camp Red Cloud Physical Fitness Center in front of a mirror.



## Soldiers take oath, receive U.S. citizenship

By Alex Harrington

Area II Public Affairs Office

**YONGSAN** — Sixteen Army Soldiers became new U.S. citizens after taking the oath of allegiance at a special overseas military naturalization ceremony Oct. 14 at Yongsan Army Garrison.

The ceremony was possible because of a new amendment in the National Defense Authorization Act for Fiscal 2004. The amendment allows naturalization for non-U.S. servicemembers serving in the Department of Defense outside the United States.

Among the newly sworn-in U.S. citizens was Pfc. Anita Francis, a native of Sri Lanka, an island-country near India, who desired to find a better life in America.

"I joined the U.S. Army in Guam in hopes of a better opportunity for education and travel," said the 21-year-old who is a truck driver stationed at Camp Humphreys.

She added, tearfully, "I feel a tremendous burden lifted up off my shoulders. Now I will have an easier



PHOTO BY AREA II PUBLIC AFFAIRS OFFICE

*Soldiers take the oath of allegiance Oct. 14 to become U.S. citizens at Yongsan Army Garrison.*

time to travel throughout America and go after my dreams."

Francis is the first from her family to leave Sri Lanka for America.

The ceremony in Seoul culminated the first overseas military naturalization ceremonies conducted by the U.S. federal government, according to a U.S. Citizenship and Immigration Services press release.

Michael Petrucelli, USCIS deputy director, attended the ceremony.

"Today, we welcome as new citizens men and women who had pledged to protect America's freedom," Petrucelli said. "Thousands of immigrant troops are making extraordinary sacrifices for America."

Petrucelli said it was a fitting way for the nation to demonstrate its appreciation by granting qualified servicemembers U.S. citizenship as quickly as possible, "to carry out their dream to become Americans."

Also present at the naturalization ceremony was U.S. Ambassador Christopher Hill. During his remarks, he conveyed his appreciation for their service and sacrifice during a time when the U.S. is at war against world terrorism.

"You have made a serious decision to serve the United States in the U.S. Army, which I am truly grateful," Hill said, adding, "It is an honor to meet such fine young men and women who show such dedication to the ideals for which America stands."

Hill said he wish them success and happiness in their new lives as American citizens.

In recent years, becoming a U.S. citizen has become much easier and faster for thousands of noncitizen servicemembers. In July 2002, President Bush expedited the naturalization process for service members through an executive order that states legal permanent residents serving in the U.S. military are immediately eligible to apply for naturalization.

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## Traffic accidents tips help in a pinch

By Cpl. Park Jin-woo

Area II Public Affairs Office

**YONGSAN** — Traffic congestion is a way of life in Seoul. With 12 million people and millions of cars out on the roads, the odds of two of these millions of cars becoming involved in an accident is high.

Members of U.S. Forces Korea are not immune to traffic accidents, according to military police. There were more than 400 traffic accidents involving Area II residents who fall under the Status of Forces Agreement, according to an official at Yongsan Garrison's Provost Marshal Office.

Knowing what to do if involved in an auto accident with a Korean is important. Military police have wise advice if involved in an unfortunate fender-bender.

Immediately following an auto accident in the Republic of Korea, a westerner may find himself feeling alienated because of the language barrier between the other driver and Korean National Police if they happen to be taken to the KNP station.

Military police said the best thing to do is always be alert and drive safe while driving on the streets in the ROK, especially in large cities like Seoul and Busan.

### Don't leave the scene of an accident

"The most important action for someone involved in an auto accident is to not to leave the scene of the accident, even for a second," said Sgt. Tommy Kriska, traffic noncommissioned officer in charge at the 55th Military Police Company.

Kriska advised people covered under the SOFA to immediately call the U.S. military police after an accident to provide them with all the names of parties involved, location, apparent injuries, make and type

of vehicles involved in the accident and contact information.

It is important that all parties involved not move their vehicles until the Korean National Police arrive and record the incident at the scene, Kriska said. The KNP will give the go-ahead to move a car,

### Don't argue

If one of the parties involved in the accident begins to dispute about who is at fault, they may be held liable for verbal or even physical abuse toward the other person.

"Above all, remain calm and do not argue with the KNP," said Kriska.

### Interacting with the KNP

The other driver who was at the accident may have already called the KNP by this time. It is likely that the local KNP will arrive at the scene before anyone else. Wait patiently until they do.

When the KNP do arrive to the scene, show them the SOFA card immediately and they will contact the MP.

At the scene, the KNP will mark the positions of the tires with spray paint and take pictures for further investigation. If necessary, after the KNP conduct their initial investigation of the accident scene they will take each party involved to the nearest police station.

The MP traffic accident investigators each have KNP partners. They contact and pick up their partner before coming to the scene.

When the MP arrives at the scene, or to the KNP station, they will assist, as well as coordinate the investigation with the KNP.

## Be ready with a will

By Capt. Robert Vedra

Yongsan Law Center

**YONGSAN** — While numerous medical studies debate the links between various factors and their effect on mortality rates, one conclusion remains indisputable: we're all going to die sooner or later.



Vedra

Odds are also good each person will have some personal belongings in his possession when he does eventually die. Some may even still be raising minor children when their time comes.

Few people enjoy pondering their mortality, but it is a fact of life,

especially in a profession as hazardous as the military. One small way of establishing control over what is largely an uncontrollable situation is by making a will. A will is a legal document that provides instructions on distributing a person's possessions after death. It also outlines the wishes on who will become the guardian of minor children should there be no one left who has the legal right to custody of the child or children.

When a person who has a will dies, the will goes to a special court known as probate court. The court first determines whether the will is valid. This is a question of whether the will was

See **Inevitable** on Page 10

See **Accident** on Page 10



## NEWS & NOTES

### Total Fitness/Health Clinic

There will be a fitness and health clinic Oct. 29. Assessments will include body fat analysis, strength testing, flexibility testing, posture analysis, video gait analysis, running shoe prescription and cholesterol testing. For more information, call 737-5092 or 737-5001.

### OCS Board

The Area II Support Activity local Officer Candidate School board will meet 9:30 a.m. Nov. 1 at the Command Conference Room, Building 4305, Room 107. For more information, call 738-5017.

### Native American Heritage Commemoration Ceremony

The Area II Ethnic Observance Committee is searching for talent to sing, dance, recite poetry in contribution to the celebration of "Native American Heritage Month" 11:30 a.m. - 1 p.m. Nov. 3 at the Naija Ballroom, Dragon Hill Lodge. For more information, call 738-5950/5900.

### Army Competitive Category Promotion Board

There is a promotion board for all first lieutenants with a date of rank of March 31, 2004, and earlier, for promotion to captain. Applicants need to update promotion files. selection board will meet Tuesday. Contact Personnel Services Detachment for records update.

### 18th MEDCOM Medical Readiness Team Evening Clinic

An evening Immunization Clinic will provide increased access to those otherwise unable to attend unit SRPS. It is open to the all active duty Soldiers, Sailors and Marines. It is held from 4 p.m. - 7 p.m. Monday through Friday beginning Oct.18 at Yongsan Soldier Support Center, Building S-4034 across from the Dragon Hill Lodge. For participation, no appointment is necessary, just walk in with a medical and shot records.

### NEO exercise

Courageous Channel 04-2 will run today through Saturday. Courageous Channel is a noncombatant evacuation operation in a readiness exercise that occurs semiannual across the peninsula. This exercise is mandatory for military and DoD civilians, family members and contractors. Area II participants must report to the Collier Field House, South Post and Army Community Service or Chapel Annex on Hannam Village. Hours of operation are 6 a.m. - 8 p.m. Thursday and Friday and 8 a.m. - 4 p.m. Saturday. For more information contact your unit NEO wardens.

### Funded Legal Education Program

The Office of The Judge Advocate General is offering the Army's Funded Legal Education Program. The Program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two years of total active federal service at the time training begins. For more information, call 723-3423 or e-mail at john.hughey@korea.army.mil.

# Retiree office announces news updates

## Retiree Activity Office

### Gains for widows and 100 percent disabled retirees

The 2005 National Defense Authorization Act resolves two key issues of interest to retirees and widows.

The Social Security offset to the Survivor Benefit Plan will be eliminated over the next three and a half years. SBP is currently reduced from 55 percent to 35 percent of member's retired pay when the widow reaches age 62.

The offset will be phased out by incrementally increasing the SBP annuity as follows:

Oct 1, 2005 - 40 percent

April 1, 2006 - 45 percent

April 1, 2007 - 50 percent

April 1, 2008 - 55 percent

Retirees who are paying the supplemental SBP premium will see it

eliminated as soon as the new law is enacted. There will be a one-year open enrollment period starting Oct. 1, 2005 to allow those already retired to enroll in SBP.

A buy-in will require paying premiums back to date of retirement plus interest.

### Concurrent Receipt

Retirees who are 100 percent disabled will start to receive their full concurrent retired disability pay on Jan. 1, 2005.

Retirees who are 50-90 percent disabled will continue to have their retired pay phased in over the next nine years.

### Bogus Citibank e-mails

The retirement activities officer recently received two e-mails purportedly sent by Citibank.

One addresses identity theft for your bank account and their corrective action requires that you log on to a web site and verify your personal information.

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## Accidents

"The MP and KNP will conduct a joint investigation to ensure that all parties involved receive fair arbitration," said Kriska. "The MP investigator makes sure the investigation is done fairly and the parties involved are advised of all their options."

### Private settlement vs. prosecution

"It is not uncommon for a private settlement to be made in minor auto traffic accidents involving no personal injury," said Kim Hyun Su, a USFK judge advocate.

For an active-duty member the Korean government has jurisdiction, except in official duty cases where the member was driving a government vehicle on official duty.

For civilians, the Korean government has the right to trial.

"The servicing JAG office will advise (them) of their rights under the SOFA and Korean legal system in general," Kim said.

If the KNP finds the SOFA personnel at fault to any degree, they will be placed on international hold pending investigations and any further legal proceedings.

All parties involved in an accident should contact their respective insurance companies to inform them of an accident. Insurance is mandatory in the ROK. A private settlement often is made through insurance companies.

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## Will

executed in accordance with the state's requirements, and whether the person who made the will (also known as the testator) had the legal capacity to execute a will. After the probate court determines a will is valid, it delves into the details of the will and oversees the administration of the estate according to the testator's wishes. Two of the most important details in this process are the testator's choices of executor and guardian.

The executor, also known as the personal representative, is the person that the testator names to handle all of the details of administering his estate. The executor must settle the testator's debts and distribute the testator's remaining property according to the terms written into the will. Needless to say, the testator should trust the executor to handle his affairs. The testator should also notify the executor that he intends to name them as executor before writing the will and verify that the executor would be willing to serve in that capacity.

The guardian is the person that the testator names to care for her minor children in the event that no one else,

such as the child's other parent, has the legal right to custody of the children. Just like the executor, the testator should trust the guardian and discuss the issue with him before naming him as the guardian in the will.

Not everyone needs a will. Obviously, people who do not have minor children have no need to name a guardian. In addition, some property can be distributed by means other than a will. For example, proceeds from life insurance policies go directly to the beneficiaries named in the policy. Bank accounts can be set up to pay directly to a specifically named person in the event of the account holder's death. This is known as a payable on death account. Finally, property held jointly with another usually passes directly to the joint owner upon death. If the bulk of a person's assets are in one of these forms, that person may not need a will.

People who want to write a will, would like more information about wills and the probate process, or want to discuss whether or not they need a will may contact local legal assistance offices to set up appointments with attorneys. In Area II, call DSN 738-6841.

The second is for Citibank Smith-Barney account holders, which claims a technical upgrade is being implemented and customers must reverify their personal information.

These are Internet scams designed to get you to reveal your important financial information to allow others to drain your accounts.

### RAO returns to old location

With the completion of reconstruction of Building 936, the Retiree Activities Office returned to Room 103. The office is currently shared with the passports office, and will eventually include an Air Force Reserve recruiter.

As a result of the lack of space, privacy and security, the RAO is searching for an alternate location. If the RAO cannot find a suitable location by the end of the year, the office may close. The office needs volunteers to stay in operation.

## Savings plan to offer opportunity

By Rudi Williams

American Forces Press Service

WASHINGTON, D.C. — The Thrift Savings Plan kicked off its 2004 "open season" with a reminder for servicemembers and civilian employees: they can substantially increase their retirement coffers by investing in TSP.

Open season, the period when people can enroll in the program or change their options, runs through Dec. 31.

More than 85 percent of workers covered by the Federal Employees Retirement System, or FERS, and about 67 percent of employees covered by the Civil Service Retirement System contribute to TSP, a 401K-type savings program.

"Open season is a good time make the initial decision on whether or not you will contribute to TSP if you're not currently contributing," Trabucco noted. "It's also the time to increase your contributions to take advantage of the increased amounts that you're allowed to contribute this year. If you're not contributing the maximum, now is your time to take a look and see if you can or should."

Trabucco pointed out that this may be the last TSP open season, because legislation has passed the U.S. Senate and is in the House of Representatives that would eliminate open seasons in the future. The congressional measure would allow people to make their contribution elections at any time.

For more information online, visit <http://www.tsp.gov>.



# Film wins over digits in photo contest

Korea Region Public Affairs Office

**YONGSAN** — Photos made on traditional film beat out the latest technology in the Korea-level judging of the Army photography contest.

Jonathan Hornby took best of show with a black and white photo in the Korea Region Morale, Welfare and Recreation judging. The awards were announced Oct. 13 at the Yongsan Arts and Crafts Center.

There were 271 submissions for the contest. For each category, first, second, third and honorable mention places were awarded. Categories were divided between active-duty military and other participants. Photos were classified as black and white or color prints in people, place, thing, experimental or military life.

The 72 winning photos are on display until Oct. 31 on the second floor of the Yongsan Arts and Crafts Center, Building 4254. The center is open 9 a.m. to 8 p.m.

Hornby also took first in the black and white thing category and third place in the black and white experimental category for active-duty entries. Hornby

said he entered 18 photographs. All were made on a 35 mm camera using film, not with a digital camera.

“I was naturally pleased about winning, but I didn’t think I would win best of show,” Hornby said. Hornby is assigned to the 17th Aviation Brigade.

He has been taking photographs for about three years. Hornby started in high school. He as been in the Army about a year, and in Korea about five months.

“I did a lot of photography before coming in the Army,” he said. “I would like to get involved in photography more, and use the Arts and Crafts Center. I’m not going into digital photography for a while. I’ll stick with film.”

This year’s big winner was again Sebastian Sciotti Jr. from Camp Henry. He had 12 winning entries, including third and honorable mention in the short films category. Close behind was Amy Mullarkey with nine winning photos. She had five first-place photographs in the competition.

Winning photographs and short films will be forwarded to the Department of Army of the Armywide competition.

# Runners set for Army Ten-Miler

Army News Service

**WASHINGTON** — The 20th annual Army Ten-Miler, America’s largest 10-mile road race, begins at 8 a.m. Sunday at the Pentagon.

Registration increased to 20,293 runners this year with both military and civilian participants coming fom across the country and the world to be a part of the event.

The U.S. Army Golden Knights, the Army’s premier skydiving team, will jump at 7:15 a.m. Sunday before the start of the Army Ten-Miler.

Following their skydive, the Golden Knights will be on site to motivate runners and interact with spectators.

The Army Ten-Miler is produced by the U.S. Army Military District of Washington and sponsored by the Association of the U.S. Army.

The Ten-Miler race record was set by Dan Browne, 47:44, in 1997. The Women’s record was set by Susan Molloy, 56:20, in 1995.

Last year’s winners were John Henwood with a time of 48:39, and Alisa Harvey who finished in 59:29.

*Experience Greater Seoul*

**USO Tours**

- Ichon Pottery Shopping tour – 8 a.m.-4 p.m. Today
- Lotte World Amusement Park – 8:30 a.m-4 p.m. Sunday
- Bomun Temple (Ginseng & Bamboo Market) 8:30 a.m.-4:40 p.m. Tuesday
- Fishing Rod &Reel store – 3:45 p.m.-10.p.m.
- Insadong Night tour(dinner included) 6 p.m.-10 p.m. Thursday

For more information, call the Seoul USO office at 02-792-3380.

**Royal Asiatic Tour**

- Seoraksan National Park Tour (Gangwon-do) Saturday-Sunday
- Songnisan and Popchusa National park Tour Oct.30
- Tokyousan National Park Tour Oct. 31
- Chirisan National Park Tour Oct. 30-31
- Gyeongju tour – Silla Kingdom Nov. 6-7
- Persimoon Valley Tour Nov. 6

Call 02-763-9483 for more information.

**Entertainment**

- Opera ‘Lucia di Lammermoor’ will be held at 7:30 p.m. Saturday at the Seoul Arts Center Theater. For more information, call 02-580-1300.
- The Seoul International Computer Music Festival will be held at 7: 30 p.m. Sunday at Jayu theater in the Seoul Arts Center. For more information, call 02-2290-1709.
- The Universal Ballet 20th Anniversary ‘Shim-Chung’will be held Oct.29 -Nov.3 at the Opera Theater, Seoul Arts Center.





## Community Events, Classes and Meetings

### Korea America Friendship Concert

Come and enjoy classical music at the Korea America Friendship Concert 7 p.m. Oct. 29 at the Seoul American High School Auditorium. Concert is open to the public and attendees are asked to be seated by 6:45 p.m. For more information, call 738-5212.

### ARC babysitting course

American Red Cross is offering the following course: babysitting, 9 a.m. to 3 p.m. Oct. 30. For more information 738-3670.

### School Jam

Alpha Phi Alpha Fraternity Inc. will host a "School Jam" on Saturday at the Dragon Hill Lodge. The event will raise funds to build scholarships for students. Alpha Phi Alpha Fraternity was founded in 1906, with the goal of "service" to all mankind.

### Essay contest

Korean corporate members of the Association of U.S. Army are sponsoring an essay contest, "Life in Korea," for active-duty Soldiers, family members and KATUSA Soldiers. For more information, call 723-6306 or e-mail petersenjc@korea.army.mil.

### Marine Corps Birthday Ball

The 229th United States Marine Corps Birthday Ball will be held, 6 p.m., Nov. 10, at the Grand Hyatt Hotel in Seoul. Guest of Honor is retired Lt.Gen.Kim,Sung-Eun, 15th minister of National Defense, and fourth commandant, Republic of Korea Marine Corps.For tickets, e-mailombmcball@marfork.usmc.mil

### Thanksgiving Golf Trip to Australia

United Services Organization is hosting an international golf gateway over Thanksgiving to Australia, Nov. 19-27. Call Rita at the USO for more information, 724-7781.

### DoDDS Yongsan Area II commander speaks before DoDDS students

Col. Timothy McNulty, Area II commander, will address the freshman and sophomores 11 a.m. today in the high school auditorium and before juniors and seniors 11 a.m. Tuesday.

### Red Ribbon Week

"Red Ribbon Week," a drug prevention program, begins Monday. Sheila Bryant from ASACS will host a

"Red Ribbon" presentation 11 a.m. Thursday in the Seoul American High School auditorium.

### Program funding opportunity

The Armed Forces Spouses' Club seeks to support worthy projects or needs. Through its American Projects program, AFSC donates to organizations serving the USFK population including Soldiers, DoD civilians and their families who reside in the community. Any organization or individual that serves the USFK population may request assistance from AFSC. Please allow a two-month process for your request, and include the following information. To submit a request, contact the AFSC American Projects Chairperson, Nancy Donahue at 736-8119.

### AFSC looking for volunteers

American Forces Spouses' Club is looking for volunteers to give back to the community. For more information, call 738-7327 or 736-8119.

### Meeting for overweight people

Weight management support group meetings are 6:30 p.m. to 7 p.m. the first and third Mondays of each month. For more information, call 736-3029.

### Quit smoking

Smoking Cessation Clinic hosts new groups every month for four one-hour group sessions. Medication is an option with all four classes. Free to participants and self-referral preferred. For more information, call 736-6693 or e-mail

Ok.Suh@kor.amedd.army.mil

### Religious activities

Learn to be a better husband and leader

Men of the Morning Calm holds Bible studies for Area II men who want to learn to be better husbands and leaders in their community. Bible studies are held at the South Post Chapel 6 a.m. every Tuesday. Also, there is a men's breakfast 8 a.m. on the first Saturday of each month at the South Post Chapel. For more information, e-mail jay.grandin@us.army.mil

### Bible study

A weekly Bible study, "The Word and Christian Issues," 7 to 8:30 p.m. every Friday at the South Post Chapel. For more information, call 018-310-5178.

### Club Beyond Youth Ministry

Club beyond host many different activities and Bible studies for High/Middle School-aged children every week at Yongsan Army Garrison and Hannam Village. For more information, call 011-9685-4170 or 3785-1954 or e-mail youthrev2001@yahoo.com.

### Yongsan Baptist Church

Yongsan Baptist Church offers Tuesday Bible study 7 p.m., Wednesday service, 7 p.m., and Sunday services, 11 a.m. and 6 p.m. For more information, call 011-731-0573, e-mail pastor@yongsanbapsist or go to www.yongsanbaptist.org.



Now Showing

Oct. 22-28

AAFES

REEL TIME

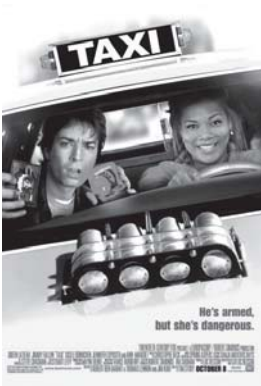
NOW SHOWING AT THEATERS IN KOREA

FOR MORE LISTINGS CALL YOUR THEATER OR VISIT WWW.AAFES.COM ONLINE - SCHEDULES ARE SUBJECT TO CHANGE

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CASEY 730-7354	Alien vs. Predator	Without a Paddle	Black Cloud	Black Cloud	Shark Tale	Open Water	Open Water
ESSAYONS 732-9008	The Bourne Supremacy	Manchurian Candidate	Thunderbird	Manchurian Candidate	Black Cloud	Harold & Kumar Go To White Castle	Yugioh! The Movie
GARRY OWEN 734-2509	No Show	First Daughter	Collateral	Collateral	Yugioh! The Movie	No Show	King Arthur
HENRY 768-7724	Sky Captain and the World of Tomorrow	First Daughter	First Daughter	Alien vs. Predator	No Show	No Show	No Show
HUMPHREYS 753-7716	Shark Tale	Shark Tale	Black Cloud	Without a Paddle	Open Water	Open Water	Taxi
HIALEAH 763-3120	First Daughter	Princess Diaries 2	Sky Captain and the World of Tomorrow	Sky Captain and the World of Tomorrow	No Show	No Show	No Show
HOVEY 730-5412	No Show	No Show	No Show	No Show	No Show	No Show	No Show
HOWZE 734-5689	First Daughter	The Bourne Supremacy	No Show	No Show	No Show	No Show	No Show
KUNSAN 782-4987	Mr. 3000	Mr. 3000	Alien vs. Predator	No Show	Without a Paddle	Open Water	Open Water



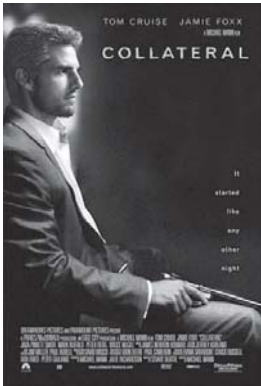
**Alien vs. Predator** — Set in the early 21st century on Earth, an industrialist billionaire, leads an expedition to Antarctica. The team finds the remains of humans with holes in their rib cages. Five Predators are coming to the temple to perform a coming-of-age ritual and fight to the death with the aliens. Soon, it becomes clear only one species is getting out alive.



**Taxi** — Starring Queen Latifah and Jimmy Fallon. New York's fastest cabbie (Queen Latifah) uses her skills behind the wheel of her souped-up car to help an overeager undercover cop (Fallon) pursue a gang of female bank robbers.



**Shark Tale** — The sea underworld is shaken up when the son of the shark mob boss is found dead and a young fish named Oscar is found at the scene. Oscar takes advantage of the situation and makes himself look like he killed the finned mobster. Oscar soon comes to realize that his claim may have serious consequences.



**Collateral** — Max has lived a mundane life as a cab driver. Vincent is a contract killer. When an off-shore narco-trafficking cartel learns about an indictment, they mount an operation to identify and kill the key witness. Circumstances cause Vincent to hijack the cab, and Max becomes collateral.



**First Daughter** — The daughter of the President goes to college after insisting she be able to enjoy her school years without the omnipresence of the Secret Service. The government agrees to her demands but assigns a young agent to go undercover as a student in order to keep an eye on her. The first daughter and the agent fall in love, until she learns his true identity.



**Manchurian Candidate** — When his unit was ambushed during the first Gulf War, Sgt. Raymond Shaw saved his fellow soldiers just as his commanding officer, Maj. Ben Marco, was knocked unconscious. Brokering the incident for political capital, Shaw eventually becomes a vice-presidential nominee, while Marco is haunted by dreams of what happened.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LONG 721-3407	Paparazzi	No Show	Paparazzi	Manchurian Candidate	No Show	No Show	No Show
OSAN 784-4930	Taxi	Taxi	Taxi	Alien vs. Predator	Alien vs. Predator	Alien vs. Predator	Open Water
PAGE 721-5499	No Show	No Show	No Show	No Show	No Show	No Show	No Show
RED CLOUD 732-6620	Black Cloud	Alien vs. Predator	Shark Tale	Open Water	No Show	Taxi	Taxi
STANLEY 732-5565	Alien vs. Predator	Alien vs. Predator	Open Water	Open Water	No Show	Taxi	Without a Paddle
YONGSAN I 738-7389	Taxi	Taxi	Taxi	Open Water	Open Water	Open Water	Open Water
YONGSAN II 738-7389	Yu-gi-oh! The Movie	Princess Diaries 2	Princess Diaries 2	Alien vs. Predator	Alien vs. Predator	Alien vs. Predator	Alien vs. Predator
YONGSAN III 738-7389	Yu-gi-oh! The Movie	Princess Diaries 2	Princess Diaries 2	Without a Paddle	Without a Paddle	Without a Paddle	Without a Paddle



# Korea is a journey, profound test

**By Chaplain (Maj.) Michael Charles**  
19th Theater Support Command

**CAMP HENRY** — “I’d rather be a first-class, second-class man than a second-class, first-class man.” These words of wisdom were given to my father from his father. He passed them to me for in the event of future challenges. Coming to Korea was one of those challenges. Like other Soldiers, I left my family of wife and three boys to come the famed “Land of the Morning Calm.”

When I arrived I found myself profoundly tested as my assignment in Korea was unlike any other in my Army adventure. I immediately looked for words of wisdom to guide me in my journey.

There is a great story in the book of Acts in the Bible depicting the great preacher, Paul, transiting the Mediterranean aboard a small ship. The ship and crew

encounter a devastating storm that begins to beat the boat mercilessly. They were unable to adjust the sails to avoid running aground against the rocks. One verse says, ‘Fearing that we would be dashed against the rocks, they dropped four anchors from the stern and prayed for daylight.’

Eventually in the story, the ship indeed smashes into shore, but through good training and faith, all crew and passengers lived and regrouped on the shore. Perhaps, it is not unlike the flow of events that makes up a day in the life serving in Korea.

Life in Korea presents us with many parallels to this story worthy of our contemplation. For instance, is not our journey in Korea not unlike the journey described in the Bible with Paul? Frequently our personal life is strained, battered even, by figurative waves of challenge: family challenges, work issues,

personality clashes and too many requirements with too little time to accomplish them added to the challenge to living in a foreign land give us call to drop four anchors from our stern and pray for daylight.

What are the four anchors that keep us from being dashed on the rocks of today's existence here? I submit they are the elements of faith in God, family, friendship and church attendance. Each brings a sense of membership and belonging to lives persistently battered and challenged. These elements help us remember, in our quiet moments, our connectedness to a reality other than the present. It also helps us to remember God is with us, even to the ends of the earth. Perhaps we can remember the wisdom of our fathers and mothers and "be a first-class, second-class man or woman instead of a second-class first class-man or woman."

## Area IV Worship Services

Protestant			Catholic			Chaplains		
Collective	10 a.m.	Camp Carroll	Sunday Mass	9 a.m.	Camp Walker	<b>Chaplain (Maj.) Richard Bendorf</b> 764-5455 bendorfr@korea.army.mil		
	10:45 a.m.	Camp Hialeah		9 a.m.	Camp Hialeah			
	10:30 a.m.	Camp Walker		11:30 a.m.	Camp Carroll			
Apostolic	12:30 p.m.	Camp Hialeah	Saturday Mass	5 p.m.	Camp Walker	<b>Chaplain (Capt.) Steven Ashbrook</b> 765-8991 steven.d.ashbrook@korea.army.mil		
Latter-day Saints	11:30 a.m.	Camp Walker						
Collective	12:45 p.m.	Camp Walker					<b>Chaplain (Capt.) Robert Marsi</b> 763-7395 marsir@korea.army.mil	
	7 p.m.	Camp Carroll						
Korean	6 p.m.	Camp Hialeah						
(All services are on Sunday)								





Hundreds of hand-made masks grace the walls of the Andong Gangbyeon Festival Grounds.

## Andong Mask Dance Festival

By Cpl. Oh Dong-keun

Area IV Public Affairs Office

**ANDONG** — One of Korea's most popular folk festivals, the Andong Mask Dance Festival, is held each October at the Andong Gangbyeon Festival Grounds and Hahoe Village, about 50 miles north of Daegu.

This year's festival, held Oct. 1 – 10, featured mask dance performances by groups from 11 countries including the United States, Japan, Russia and India. In addition, a variety of cultural exhibits and interactive events highlighting Korean traditional goods and masks offered visitors a hands-on experience in making traditional masks and paper goods.

The most popular attraction at the festival was the Hahoe Byeolsin mask dance play performed by the members of the Hahoe Mask Dance Drama Preservation Society. The play is one of Korea's oldest traditional folk plays and has been performed for centuries as a village ritual.

The five-act drama features various allegorical characters, such as yangban (an arrogant aristocrat), sunbi (a pedantic scholar), shung (a depraved Buddhist monk), imae (a foolish servant), baekjung (a coarse

butcher) and so on. Each of the characters represents a social class. Conflicts among different classes and individuals are satirized to relieve social tensions among the people in the village.

Each character has a specific mask that symbolizes its personality. The nine-mask set used in the play is called "Hahoe Byeongsan" and is the oldest of its kind in Korea.

A traditional Korean farmers' percussion ensemble, known as nong-ak, provides a powerful, hypnotic beat to accentuate the action on stage.

In 1980, the government designated Hahoe Byeolsin mask dance play as Important Intangible Cultural Property No. 69 to ensure its preservation and transmission to future generations. The goal of the Hahoe Mask Dance Drama Preservation Society, which revived and exclusively presents the mask dance play, is to not only preserve the drama, but also to introduce one of Korea's greatest cultural treasures to the world.

This is the eighth year that the city of Andong hosted the annual 10-day festival. For more information online, visit <http://www.maskdance.com>, or call the Andong Mask Dance Festival Organizing Committee at 054-851-6398.



PHOTOS BY CPL. OH DONG-KEUN

Halmi, an old widow, bemoans her ill fortune as she begs in front of the spectators.



A member of the nong-ak ensemble plays a Janggo, a type of traditional drum, during the play.



Yangban, an aristocrat, has a long, black beard to show dignity and an expressive smile that reveals both generosity and smugness.



Gaksi, a young bride, has very small eyes to show her shyness and a tiny mouth indicating that she doesn't speak often.





### Swimming Registration

Yongsan Children and Youth Services Sports will conduct swimming registration throughout October for youth ages 5-18. For more information contact 738-8117.

### Weight Loss Support Group

Yongsan Weight Support Group is now accepting new members. The group is a free weight loss support group offering exercise and workout options, healthy eating support and weight loss support. E-mail nannyhere@yahoo.com or call 011-9699-7064 for membership information.

### Touchdown Tuesdays

Participants score games and giveaways every Tuesday night at Henry's Place, the Hideaway Club and the Busan Pub in Area IV. Just by showing up to watch the game, patrons receive a free raffle ticket for a chance to win weekly prizes and a shot at the grand prize, a trip to the United States. The more games watched, the greater the chances are to win. Pregame activities begin at 6:30 p.m. and the game kicks off at 7 p.m. Call 768-7563 for more information.

### Golf Clinic

The Sunnam Golf Club presents a Ladies Professional Golf Association golf clinic 1 p.m. Sunday. Ahn Shi-hyun, LPGA rookie of the year will attend. For more information, call 736-3483.

### Free Golf Clinic

The Camp Walker Evergreen Golf Course is offering lessons 10-11 a.m. Saturday for juniors, and 11 a.m. to 1 p.m. for adults. All classes are conducted by Professional Golf Association professionals. Call 764-4628 for more information or to pre-register.

### All You Can Eat Buffet

Camp Red Cloud Mitchell's All-U-Can-Eat-Lunch Buffet is available 11:30 a.m. - 12:30 p.m. on weekdays. For more information, call 732-8189.

- Monday – Italian buffet
- Tuesday – Barbecue ribs
- Wednesday – Oriental buffet
- Thursday – Mexican buffet
- Friday – Variety buffet

### Playgroups For Children

Yongsan Playgroups is now accepting new members. The group plans play dates, educational activities and field trips for families with infants, toddlers and pre-schoolers in Yongsan and Hannam Village areas. E-mail joyner57@hotmail.com for membership information.

### Outdoor Cookout

Camp Casey Warrior's Club presents Special Outdoor Cookout, St. Louis Baby Back Ribs 11 a.m. - 1:30 p.m. every Wednesday. Corn on the cobs, beans, salad and drink are included. For more information, call 730-2193.

## Warriors battle on soccer field

By Soojin Atwater

Area I Marketing Division

**CAMP CASEY** — Area I Morale, Welfare and Recreation sponsored the 2004 Warrior Post-Level Invitational Soccer Tournament Oct. 2-3 at the Schoonover Bowl here.

This was the second outdoor invitational soccer tournament this year.

After six long and tough games in two days, Camp Casey's Team "B" took home the first place trophy, followed by the Camp Red Cloud team as a runner up.

Surprisingly, Camp Casey lost its first game against Osan Air Base, in which they fell into the loser's bracket; however, strong team spirit and tough practice must have paid off as Team B defeated Camp Red Cloud in two games 4-0 and 3-1.

Traditionally, this is an Area I event, but this time an Osan Air Base team joined in the friendly competition.

Call 732- 6927 for more information about Warrior Sports in Area I.

E-mail AtwaterS@korea.army.mil



PHOTOS BY SOOJIN ATWATER

Camp Casey takes home a 1st place trophy Oct. 2-3 during the Warrior soccer tourney.



Competition is intense, as Casey, fresh from a loss to Osan, beats Camp Red Cloud.



Players celebrate after a match at Camp Casey's Schoonover Bowl.

## Army conducts family member survey

by Sua Jun

Area II Marketing

**YONGSAN** — The U.S. Army Community and Family Support Center conducted a survey of Army families last month.

Officials urged Army spouses to speak their mind with the 2004 Survey of Army Families. The survey, mailed directly to spouses in randomly selected Army households around the world, has been an avenue for collecting information every four years since 1987.

The survey generates Armywide data on spouse attitudes about the Army way of life. It includes topics such as housing, relocation, paid and volunteer work, children, health care, morale, welfare and recreation, deployments and other issues.

The U.S. Army Community and Family Support Center provides Army Morale, Welfare and Recreation programs to Soldiers and family members worldwide.

The center, based in Alexandria, Va., uses the information from spouses to directly reach senior Army leadership.

The survey results directly lead to changes in family-focused programs and services, which improve life for Army families.

About 60,000 families were included in the random sampling for the 2004 survey, which means a spouse had about a one-in-four chance to receive a survey.

Before Army family surveys reached the households in Korea, Area II Morale, Welfare and Recreation marketing section sponsored a family photo contest Aug. 19.

Marketing officials said they used the contest to promote the survey.

The winner of the Area II contest, Karen Greer, took home a DVD player. Greer submitted a family picture she took at her son's graduation. The winning photo was featured on Community Connection Area II monthly magazine and on the Army MWR Web site, along with the winners from all other installations.

E-mail junsp@korea.army.mil

## Bowlers seek trophies at 8th U.S. Army championship

Area II MWR Marketing

**YONGSAN** — The 8th U.S. Army Bowling Championships challenged the best players Oct. 5-8 here.

Overall, 32 bowlers competed in more than 21 games for the title of 8th U.S. Army champion.

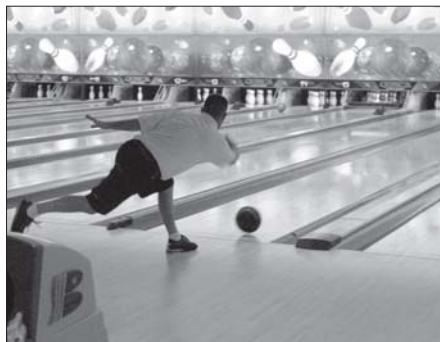
Participants traveled from all areas to compete.

The highest total pin count determined winners per category.

Bert Richmond of Area IV took the lead in the male division from the very first day, and never looked back.

On his way to becoming the 8th Army champion, Richmond scored a 299 game and averaged 229 over 21 games.

Area IV champion Larry Shirley rolled a 278. With two 279 games and



Steven Allen delivers another strike at the 2004 Bowling Championships.

an average of 227, Shirley secured second place in the male division.

Area II champion Steven Allen captured third place with the only perfect 300 score, and an average of 221.

Allen was ecstatic about the score.

"This is a good time to roll my first 300," he said.

In the female division, Area I champion Brittany Williams led throughout the tournament.

Williams' highlight performance occurred on the third day with scores of 202 and 222. Her overall average of 155 placed her first in the female division. Lisa Butts of Area I secured second place with a solid performance averaging 150. Area III champion Angie Overton took third with a high score of 199 and overall 136 average.

All participants are now eligible to apply to the Army Team Trials to be conducted Jan. 4-6, 2005 in Dallas, Texas. For more information, contact Robert Victorine, Yongsan Lanes manager, at 723-5820.



# Central Region

Oct. 22, 2004

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## Humphreys units play vital force protection role

### Area III Public Affairs Office

**CAMP HUMPHREYS** — If there were a theme song for the antiterrorism efforts at Camp Humphreys, it could easily be the Billy Ocean tune, “When the going gets tough, the tough get going.”

Since heightened terrorist measures were put in place Korea-wide after a warning issued by the U.S. Embassy in late September, Soldiers and Airmen from Area III units have been toughing it out by pulling rotating antiterrorism and force protection duties.

“Soldiers and Airmen from various military units have been rotating duties at all of the gates to help military police with security,” said Kevin Griess from the U.S. Army Area III Support Activity directorate of plans, training, mobility and security.

Griess said they search vehicles coming through the gates and hand-search bags carried onto post.

“It’s not a small task,” said Griess. “These Soldiers and Airmen are checking a lot of vehicles and a lot of people coming through the walk-through gate. It’s a great team effort.”

Griess said units “leading the charge” early-on include: the 2nd Battalion, 52nd Aviation Regiment; the 6th Cavalry Brigade; the 23rd Area Support Group; Company B, 532nd Military Intelligence Battalion; the 3rd and the 527th Military Intelligence battalions; and the U.S. Air Force’s 607th Combat Communications Squadron.

On Columbus Day weekend, when most military personnel were enjoying a four-day holiday, Senior Airman Kristen Northrup was at the CPX Gate with other Airmen from the 607th Combat Communications Squadron.

Northrup, 21, said it was the first time in her three years in the Air Force that she had to pull a security detail.

“It’s no big deal,” said Northrup as she prepared to use a large mirror to search the undercarriage of a car.

Northrup’s co-worker, Technical Sgt. Kenneth Livingston, a satellite communications crew chief with 21 years in the Air Force, said security details were nothing new to him.

“I’ve done this before at Air Force bases in the states, even before the Sept. 11 terrorist attacks,” he said.

Pvt. Andrea Bird, 557th Military Police Company, said personnel from units are briefed thoroughly at the beginning of each shift about how to search vehicles and interact with the public.

“We give them a briefing on what to look for and how to search a vehicle according to military police standards,” said Bird. “We also remind them that a little courtesy can go a long way.”

Northrup said most people are being patient about procedures now in place.

“Most people understand why we are doing this,” she said. “Some may grumble a bit, especially if their vehicle has been searched a couple of days in a row. But they tend to come around when you explain why we have to keep our guard up.”



PHOTO BY STEVE DAVIS

Pfc. Kamar Isabelle uses a mirror to check a vehicle at the Camp Humphreys CPX Gate. Isabelle and other Soldiers from the 2nd Battalion, 52nd Aviation Regiment and other Camp Humphreys units are performing additional duty security checks.



Airmen from the 607th Combat Communications Squadron check vehicles passing through a Camp Humphreys gate Oct. 12. They are among the Camp Humphreys units rotating force protection duties.



PHOTO BY STEVE DAVIS

Staff Sgt. Noah Vaughan (left), and Chief Warrant Officer 3 Bryan Boyd read to kindergarteners Oct. 6 at the Humphreys American Elementary School. “I believe in parental involvement and presenting a positive role model,” said Boyd, whose son is in the class.

## Soldiers, school ‘partner’ in noon reading program

### Area III Public Affairs Office

**CAMP HUMPHREYS** — Some military personnel are spending their lunch break reading to children each Wednesday at the Humphreys American Elementary School.

“They are an important part of our Partnership in Education program,” said school liaison officer Dong-hee Kelley. “The kids are the winners when community members and tenant units team with the school.”

Staff Sgt. Noah Vaughan said he enjoys reading for the children.

“I love the look on the kid’s faces as they watch you read,” he said.

Vaughan said the children sometimes get so excited they crowd together, “to get closer until they are sitting right on your boots.”

Soldiers, civilians or family members interested in reading to or mentoring children can call Kelley at 753-8274 or Aggie Rodriguez at 753-8401 to volunteer.



## NEWS &amp; NOTES

**Holiday Mailing Hours**

The post office will be open one additional hour Monday through Friday between Nov. 22-Dec.17. Operating hours will be 10 a.m.-6 p.m. Monday, Tuesday, Wednesday, and Friday, and 1 p.m.-6 p.m. on Thursday. Saturday hours will be from 9 a.m.-1 p.m.

Customers mailing large amounts of items are encouraged to make appointments. Appointments can be scheduled between 9 a.m.-10 a.m. on Monday, Tuesday, Wednesday or Friday. To schedule an appointment, customers should call the post office at 753-6563.

**Fire Losses Down**

Area III fire loss in fiscal 2004 was the lowest on record, according to Fire Chief Anthony Marra. In fiscal 2003, fire loss climbed to \$15,431 from the previous year's \$10,295. In fiscal 2004, that number dropped to \$2,167. Marra said fire prevention training, enforcement and a bit of good luck caused the significant drop.

**8th Army Boxing Championship**

The 8th and IMA-Korea Region Army Boxing Championships are through Saturday at the Camp Humphreys post gym. For information, call 753-8810.

**Community CPR Class**

A community cardio-pulmonary resuscitation class will be held from 10 a.m.-5 p.m. Oct. 23 at the Camp Humphreys American Red Cross in Building 262. The class will cover first aid and CPR techniques for adults, children and infants. Preregistration is required. Cost is \$35. For information, call 753-7172.

**College Registration**

The Army Education Services term II college registration will take place from 8 a.m.-5 p.m. through close-of-business today at the Camp Humphreys, Camp Long and Suwon Air Base education centers. For more information, call 753-8907 or 8909.

**Spouse Orientation**

A free two-day "Spouse Orientation about the Republic" workshop will be offered from 9 a.m.-4 p.m. Monday and Tuesday in the MWR Conference Room in building 252. The workshop, hosted by the Army Community Service bicultural outreach program, is designed for spouses new to Korea. Topics include community resources, Korean customs, culture and language. For information, call Yong-hui Straughan at 753-8782.

**Red Ribbon Events**

A Red Ribbon Kick-off ceremony will be held from 9-10 a.m. Monday at the Youth Center. Red Ribbon Family Skate Night will be held at the Youth Center from 7-8:30 p.m. this evening. For more information, call Theresa Baker at 753-7361.

**Wonju Walking Festival**

Area III Soldiers, civilians and family members are invited to participate in the Wonju Walking Festival Oct. 30-31. For more information, call 721-3335.

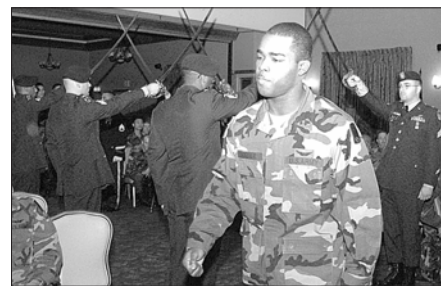
**News & Notes Deadline**

Announcements for Area III News & Notes should be submitted two weeks prior to intended publication. E-mail requests to Susan Barkley at barkley@korea.army.mil or Steve Davis at davisst@korea.army.mil. For more information, call 753-8847.



PHOTOS BY STEVE DAVIS

Soldiers repeat the noncommissioned officer oath during an induction ceremony.



After passing under an arch of swords during the 2nd Battalion, 52nd Aviation Regiment NCO induction ceremony Oct. 15, Sgt. Glenford Carter steps out proudly to receive a certificate and congratulations from distinguished guests.

## Aviation Soldiers take NCO oath

Area III Public Affairs Office

**CAMP HUMPHREYS** — Twenty 2nd Battalion, 52nd Aviation Regiment Soldiers were inducted as noncommissioned officers Oct. 15 during a ceremony at the Camp Humphreys Community Activities Center.

Narrator Staff Sgt. Leisa Doney explained that the ceremony is designed to welcome newly promoted sergeants and corporals into the ranks and to familiarize them with responsibilities they face as noncommissioned officers.

The hour-long ceremony, hosted by the headquarters company, included comments by Col. Peter W. Foreman, commander of the 6th Cavalry Brigade, on the significance of being a noncommissioned officer.

"This is an important day because you are no longer a follower. You are a leader," Foreman told the new noncommissioned officers. "You are now responsible and accountable for the health, care and welfare of young Soldiers."

Foreman encouraged the NCOs to reflect on what it means to be good leaders and assess each day if they are meeting the standard.

### The Army Noncommissioned Officer Oath

*I will discharge carefully and diligently the duties of the grade to which I have been promoted and uphold the traditions and standards of the Army.*

*I understand that Soldiers of lesser rank are required to obey my lawful orders. Accordingly, I accept responsibility for their actions. As a noncommissioned officer, I accept the charge to*

*observe and follow the orders and directions given by supervisors acting according to the laws, articles and rules governing the discipline of the Army. I will correct conditions detrimental to the readiness thereof. In so doing, I will fulfill my greatest obligation as a leader and thereby confirm my status as a noncommissioned officer.*

"Your hand is on that leadership guidon," he said. "Hold it well. The Army is depending on you."

After taking the NCO Oath and passing under an arch of swords, the new NCOs received certificates and were congratulated onstage by distinguished guests, including Foreman; 17th Aviation Brigade Commander Col. David J. Abramowitz; 2nd Battalion, 52nd Aviation Commander Lt. Col. Richard Juergens; Command Sgt. Maj. Diane Foster; and unit first sergeants. Toasts were then given to the new NCOs, the Army, the "Nightmare" battalion and fallen comrades.

The new sergeants are:

Company A: Sgt. Glenford Carter; Sgt. Jung Dae-sung; Sgt. Kang Ik; Sgt. Kenneth Miller; Sgt. Jose Vacaramirez; and Sgt. Nakia Wallace  
Headquarters and Headquarters Company: Sgt. Noh Kwan-ho and Sgt. Han Jae-il.

Company B: Sgt. Ramsey Diaz; Sgt. Robert Evanoff; Sgt. John Gaulding; Sgt. Carl Harycki; Sgt. Jung Koo-hyun; Sgt. Lee Sang-Ryool; Sgt. Jason Manes; Sgt. Jeremiah Maranell; Sgt. Shin Sang-hoon; Sgt. Marla Tmecherur; Sgt. Michael Volker; and Sgt. Yoon Yu-hyub.

## New commissary manager values customer service

Area III Public Affairs Office

**CAMP HUMPHREYS** — It's not unusual to see the new Camp Humphreys commissary manager up



PHOTO BY STEVE DAVIS

Bob Keane stands in front of the Camp Humphreys Commissary Oct. 15.

to his elbows in canned goods as he helps stock shelves in the afternoon.

"We want afternoon shoppers to have the same selection as shoppers who get here when the store opens in the morning," said Keane, who took over the Camp Humphreys commissary after two years as manager at the Hannam Village commissary in Seoul.

Keane said changes are being made in stocking procedures so items don't get depleted during the day.

He said the store also accepts special orders, including certain cuts of meat, from individuals and units.

"Just because you don't see it on the shelf doesn't mean that we can't get it," he said. "With proper notice, we can get stock from the Osan Commissary."

Military units and other organizations planning picnics or other special functions can also order large quantities of groceries, Keane said.

"All they have to do is give us a list

at least three or four days in advance of pick up," said Keane. "We'll have it ready for them. All they will have to do is come get it."

By ordering large amounts in advance, units will not deplete shelf stock in the small commissary.

The Camp Humphreys commissary has about 3,300 square feet of shopping space and shelf capacity is limited, said Keane, adding that the new commissary scheduled to open in early 2005 will have about five times more space.

"We are really looking forward to getting into the new store because we will be able to stock a lot more items," said Keane, who once managed a 20,000 square foot "Super Store" commissary at Fort Campbell that averaged sales of \$5 million a month.

"Even in big stores, customers sometimes can't find certain items," Keane said. "If there is any way to get items a customer wants, we'll do it. All they have to do is ask."



**‘C-ment pond’ fishing lures eager anglers**

**Area III Public Affairs Office**

**ZOECKLER STATION** — More than 140 anglers converged on the Zoeckler Station swimming pool Oct. 16 for the Jethro Bodine C-ment Pond Fishing Derby.

Organized by Area III Morale, Welfare and Recreation and named for “Beverly Hillbillies” rags-to-riches character Jethro Bodine, who swam with other family members in a cement “pond” at their Beverly Hills mansion, the derby offered a chance to catch 80 speckled trout stocked in the pool.

Two anglers caught fish right after the pond opened at 10 a.m. Another was caught about an hour later. At noon, a 15-minute break was called to “detraumatize” the fish in hopes that they would start biting.

“About 20 of the 80 fish were caught,” said organizer Mike Mooney.

Mooney said the weather was perhaps too hot for the fish, brought in from a trout farm on the east coast. He said the derby will be moved back a week next year.

The remaining fish are being seeded into a pond on Camp Humphreys that will eventually become a fishing pond, said Mooney.



PHOTOS BY STEVE DAVIS

*Anglers try their luck at the Jethro Bodine C-ment Pond Fishing Derby Saturday at Camp Humphreys.*



*Spc. Geoffrey Cagle of the 194th Maintenance Battalion catches a speckled trout.*



*Young anglers bait their hooks at the fishing derby.*



## 'Extra-small' Hialeah wins 'extra-big' BOSS award

By Cpl. Oh Dong-keun

Area IV Public Affairs Office

**CAMP HIALEAH**—Camp Hialeah, the southernmost U.S. Army installation on the peninsula, is also the smallest in the Area IV. Yet, one of its programs continues to achieve "big-time" success in Department of Army-level competitions.

The Camp Hialeah Better Opportunities for Single and unaccompanied Soldiers Program's Valentine Bowl event took second place in the Best BOSS Event competition extra-small installation category held during the 2004 BOSS Training Forum Sept. 20–24 at the National Conference Center in Lansdowne, Va.

"It feels real good," said Spc. Craig Smith, the Camp Hialeah BOSS president. "We really didn't have much time on our hands to prepare for the competition, but nonetheless, I received much support from the members who have worked hard for this."

This year's forum, a joint partnership hosted by BOSS and the Marine Corps' Single Marine Program, drew more than 180 Soldiers and Marines from around the world, for a week of competition,

training, activities and exchanging ideas on how to enhance the quality of the BOSS program.

"(The forum) was great," said Command Sgt. Maj. Patricia A. Keit, Area IV Support Activity, who attended the training with several BOSS representatives from Area IV installations. "The training facility was great, the participation was great. There were BOSS representatives from all over the world, so we got to see what the other installations are doing and that gave us a chance to take some ideas from them."

Through BOSS, single and unaccompanied Soldiers identify quality of life issues and concerns and recommend improvements through the installation chain of command. The program encourages and assists Soldiers in identifying and planning recreational and leisure activities. It also generates opportunities to participate in community service programs.

The Armywide Best BOSS event competition consisted of three-minute

presentations including photos, videos and stories depicting the nominated events. The Camp Hialeah BOSS Program competed against six teams from other installations, taking second place in the extra-small installation best event category right behind another team from Korea, Camp Page.

The theme for this year's Camp Hialeah BOSS Valentine Bowl, held at the Pusan Pub Feb. 14, was "Stepping in the Name of Love." The formal dinner-and-dance event drew more than 100 Soldiers including

Lt. Col. Jeffery Ludwig, Camp Hialeah garrison commander, and Command Sgt. Maj. Tony Moore, former command sergeant major of the 20th Support Group.

This isn't the first time the Camp Hialeah BOSS Program has won Department of Army-level accolades. Last year the installation won the Best BOSS Event Competition in the Extra Small Installation Category and took second place in the Best Installation competition.

*"The program has been getting a lot of participation and support from everyone on the installation."*

—Spc. Craig Smith

"The program has been getting a lot of participation and support from everyone on the installation," Smith said. "I believe that is the reason behind all the success we've had for the past couple of years."

Besides the competitions, the forum also involved a variety of activities, including a training session by Sgt. Maj. of the Army Kenneth O. Preston, sporting events, games and team building activities. The highlight of the forum was the joint community service project that BOSS and SMP performed at the Armed Forces Retirement Home in Washington, D.C.

"The conference was a good learning opportunity for me," Smith said. "I am still fairly new as the BOSS president, so I'm still learning. At the conference I learned that there is no limit to what we can do with the program so it is important to be as creative as we can."

Seven BOSS representatives from Area IV participated in the training forum including Keit, Smith, Sgt. Kenneth Richardson, Area IV BOSS advisor and Chon Chae-ho, Camp Hialeah BOSS advisor.

E-mail [ohdk@korea.army.mil](mailto:ohdk@korea.army.mil)

### Goin' to the dogs



PHOTO BY GALEN PUTNAM

Staff Sgt. Robert Oppenheimer, kennelmaster for the 728th Military Police Battalion, is taken down by "Ares" Saturday during a muzzle-attack demonstration at the Camp Walker. The demonstration was one of the activities during the Exchange's pet show that featured a pet-trick competition, an owner and pet look-alike contest, and an "ugliest" pet contest.



## NEWS & NOTES

### Noncombatant Evacuation Exercise

The 2004 Area IV Courageous Channel Noncombatant Evacuation Exercise is ongoing through Saturday. All Daegu-area noncombatant evacuees are required to register at Taegu American School on Camp George 5-8:30 p.m. today, or 9 a.m. – 6 p.m. Saturday. Please bring identification cards, passports, and NEO packets. For more information, call Maj. Dale Johnson, 768-6805 or 011-9360-0731.

### Trick or Treat

Trick or treating for Halloween will be conducted 5:30 – 7:30 p.m. Oct. 30 at the Camps George and Walker housing areas. Also, Child and Youth Services will host a Fall Festival 3 – 5:30 p.m. Oct. 30 at the Child and Youth Services gym on Camp Walker. The festival includes pumpkin carving or painting, face painting, bobbing for apples, goodie bags and more. For more information, call Victor Taitano at 764-5722.

### Quartermaster Ball

The Third Annual Association of Quartermasters – Busan Chapter Quartermaster Ball will be held 6 p.m. Nov. 22 at the Paradise Hotel in Busan. Cost is \$35 per person. Reservations must be made by Nov. 1. For more information, call 2nd Lt. Erin Meyer at 763-7881.

### Soccer Club Forming

The Daegu Area Soccer Club is now forming and will hold an organizational meeting 1 p.m. Nov. 6 at Camp Walker's Kelly Field. Players should plan to kick around (rain or shine). The club is open to all ID card holders. The club will field casual and competitive teams and sponsor social events such as watch parties, trips to professional games, etc. The club will meet for weekly kick-arounds. For more information, call Galen Putnam at 011-1716-0428.

### The Daegu Community Christmas Cantata

Rehearsals for the Daegu Community Christmas Cantata "New Birth New Beginning" are being held 7 – 9 p.m. Mondays and Thursdays at Soldier Memorial Chapel on Camp Walker. Participation is open to everyone 14 years and older. Free child care is available. For more information, call Deborah Lee at 656-3506.

### "Return to Vietnam"

Veterans who received Purple Hearts while serving in Vietnam could be one of 12 veterans to win the Veterans of Foreign War's "Return to Vietnam" trip. The tour, scheduled for April 2005, will include a number of stops throughout the country, airfare and accommodations. Entries must be received before the drawing on Nov. 15. Winners will be notified by mail or e-mail in early December. For more information, call Bobby Bradley at 764-3534.

### Office Closure

The U.S. Army Contracting Command Korea – Taegu Branch has moved to a temporary location while undergoing renovations. The temporary office is a container building (with no assigned building number) behind the Camp Henry Lodge, Building S-1712. For more information, call Maj. Melody Charles at 768-

# Ruggers duke it out in Daegu

By Galen Putnam  
Area IV Public Affairs Office

**CAMP WALKER** – Rugby teams from throughout the peninsula converged on Camp Walker's Kelly Field Sunday for a one-day round robin "most points" tournament with the Seoul Survivors taking top honors with 14 points.

The host Daegu Dragons took second place with 10 points. Four points were awarded for each win, two for a tie and one bonus point is awarded each time a team scores four or more tries in a game.

Also participating in the tournament were military teams from Osan and Kunsan Air Bases and Camp Humphreys. Civilian teams included the Busan and Ulsan Rugby Football Clubs.

Although most of the teams are members of the Combined Forces Korean Rugby Association, players are more interested in camaraderie than competition, at least as far as the standings are concerned.

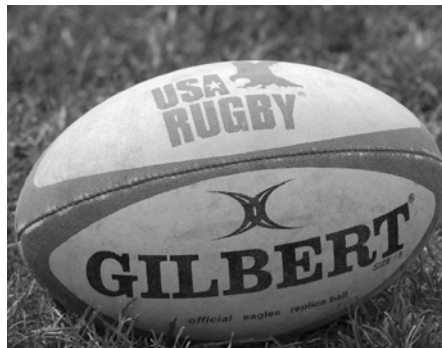
"We do keep score but more for the fun of it than anything else," said Frank Pescatello, Daegu Dragons captain and tournament organizer. "Sometimes there is some animosity on the field but it is left on the field and after the game the teams all go out to socialize together."

Pescatello formed the Daegu squad in April.

"I put signs up downtown where I knew English teachers would hang out," he said. "As a result we ended up with players from New Zealand, Canada, the U.S. and Australia to supplement our military players."

The Dragons practice 5 p.m. Sundays at Kelly Field on Camp Walker. New players are welcome, regardless of experience level. For more information, call Pescatello at 010-4503-1096.

E-mail putnamg@korea.army.mil



Rugby balls are larger and more rounded than American footballs.



PHOTOS BY GALEN PUTNAM

"Sweaters," from the Camp Humphreys rugby team, displays a burst of speed and enthusiasm as he prepares to take on an Osan defender at Kelly Field Sunday. Osan won the match 36-12.



Rugby attracts a diverse player base, particularly international players. In addition, women often play alongside men.



Injuries, like this separated shoulder, are an inevitable part of rugby which is a contact sport. Participants emphasize, however, the game is a "gentlemen's" sport and has a finesse that counteracts the rugged play. The injured player was back in action later.



Area IV Halloween events

Daegu

■ Child and Youth Services will host a Fall Festival 3 – 5:30 p.m. Oct. 30 at the Child and Youth Services Gym on Camp Walker. The festival includes pumpkin carving or painting, face painting, bobbing for apples, goodie bags and more. Call 764-6548/5721 for more information.

■ Trick or treat will be observed 5:30 – 7:30 p.m. Oct. 30, in the housing areas at Camps George and Walker. Children of USFK personnel who live offpost are permitted to trick or treat on the installation.

■ The Camp Walker Post Exchange will host a Halloween Costume Contest 5 – 7 p.m. Oct. 30. Prizes to the top three winners include a \$50 AAFES gift certificate and gift boxes. Call 764-4638 for more information.

■ A Better Opportunities for Single and Unaccompanied Soldiers Halloween Costume Party will be held 9 p.m. – 3 a.m. Oct. 30 at the Hilltop Club. The \$5 cover charge includes a buffet meal. There will be door prizes and a best costume prize. Call Pvt. Lori Heddens at 768-6497 for more information.

Camp Carroll

■ Army Community Services' Apple Blossom Cottage is sponsoring a Halloween Children's Fun Festival 1 – 3 p.m. Thursday. The event will include a pumpkin patch, happy valley train rides, children's best costume contest, and snacks. The Girl Scouts will take photographs of the children

in their costumes as part of a fundraiser. Call Chris Song at 765-7049 or stop by the Apple Blossom Cottage for more information.

■ The Hideaway Club will hold a costume party 9 p.m. Oct. 29. A best costume contest will be held at midnight with \$100 going to the winner. Call 765-8574 for details.

Camp Hialeah

■ Trick or treat is scheduled 6 – 8 p.m. Oct. 31 in the housing area. Children of USFK personnel who live offpost are permitted to trick or treat on the installation.

■ The Pusan American School Parent Teacher Organization is hosting a Harvest Festival 5:30 – 7:30 p.m. Wednesday in the Pusan American School gymnasium. The festival includes games, prizes, a haunted house, candy and treats, and a scarecrow contest. Students should come in costume. Tickets cost \$1 for three tickets and will be sold at the door. Call 763-7528 for more information.

■ Child and Youth Services also has a Harvest Festival 5 – 8 p.m. Oct. 30 at the Haven Club. The fest includes a costume contest, cups with goodies upon arrival and temporary tattoos. The event includes a variety of crafts, games and activities. Astro-Jump Castle and haunted house cost \$1 per visit. Food will be sold by the Keystone Club and Torch Club from Pusan American School. Call 763-3536 for more information.

■ The Pusan Pub will host a Halloween party 9 p.m. Oct. 30. Call 763-3200 for details.

Mask festival a treat for travelers

Area IV Public Affairs Office

ANDONG — More than 70 members of the Daegu military community experienced authentic Korean culture at the 2004 Andong Mask Dance Festival Oct. 8.

The trip to Andong, the heart and soul of Korean traditional culture, was organized by the Area IV Family Life Center and sponsored by Area IV Chaplain's Office. The tour was open to all Soldiers, civilians and their family members.

"We would like Soldiers to have a

good understanding of our host country's cultures," said Sgt. 1st Class Daniel L. Kang, Area IV Chaplain's Office noncommissioned officer in charge. "That way, we can foster good relationship with the people of Korea, and that is why the chapel hosts tours and events like these."

"It was a great trip," said Col. Carleton Smith, commander, 55th Theater Material Management Command, who was joined on the trip by his wife Cathy. "It was a very unique opportunity to see Korean culture. It was a very well-organized trip."



PHOTO BY CPL. OH DONG-KEUN

After being brought onstage by a performer, Col. Carleton Smith, commander, 55th Theater Material Management Command, and Capt. Matthew J. Kiger, commander, Headquarters and Headquarters Company, 6th Ordnance Battalion, take part in the Korean traditional mask dance performance.



# Culinary artists raise skills to five-star heights

Maj. David Doherty

19th Theater Support Command Public Affairs Office

**CAMP WALKER** — Something must be cooking, as a baker's dozen of military cooks relinquished their four-day Columbus Day weekend to nurture their culinary skills during a "Texas-style Cookout" at the Hotel Hyundai in Gyeongju.

Twelve cooks from dining facilities throughout Korea were rewarded for their potential by undergoing a rigorous training program under the tutelage of Chief Warrant Officer Travis Smith, captain of the United States Army Culinary Arts Team that won first place in the 2000 International Culinary Olympics.

The training started Oct. 9 and culminated in a feast at the Hotel Hyundai Oct. 12, in which ribs, brisket and mesquite-smoked chicken were among the main courses. The participants were hand selected by their commands to represent their organizations, learn new skills and apply them to their own dining facilities.

The focus of the training was not only on cooking techniques, but on excellence in customer service as well.

"A satisfied customer generates revenue, which makes your job easier. If you are doing a good job at your dining facility, then the customer will reward you," Smith said.

*"If you are doing a good job at your dining facility, then the customer will reward you."*

-Chief Warrant Officer Travis Smith

Subsequently, food is not the customer's only focal point. Dining facilities fail when they provide poor customer service, he said. "McDonald's provides mediocre food, but they provide great customer service."

Some of the other cooking techniques taught included ice carving, baking, sausage production and food selection, preparation and presentation. "The customer always eats with their eyes, so garnish is the number one thing," Reddick said..

None of the Soldiers complained about sacrificing their extended holiday to train and cook together. "Everybody has been feeding off of one another. We're finally able to meet food service professional from other places," Muchison said.

"I'll go back and talk about my experiences while



PHOTO BY MAJ. DAVID DOHERTY

Army cooks from throughout the peninsula learn ice-carving techniques from master sculpture D.M. Choi at the Hotel Hyundai in Gyeongju.

I was here working with this program, and maybe it will get more people interested in doing things like this," Santiago said. "Teamwork has been great, and that is the key to success in food service excellence. I've learned a lot and I love my job. I love cooking and this was a great experience to work with other people."

The Soldiers also trained with their Korean counterparts and learned some international cooking techniques from the Hotel Hyundai culinary staff.

"I am very thankful that [my command and] Chief Smith selected me to attend this training ... I feel different.

Elias said he knows his peers will look at him differently.

"Because I know new things and my eyes have been opened," he said. "I like cooking, it's something in my blood, nothing makes me happier."

"Working as a team with (the Installation Management Agency, Korea Region Office) is giving us the opportunity to excel in programs and put an emphasis on improving the dining facilities," said Col. Steven Green, 19th Theater Support Command chief of staff.

Green paid Smith the highest compliment.

"Chief Smith possesses skills no one else has in the Army," Green said. "The 19th TSC intends to use those skills to improve all of the dining facilities."

The Hotel Hyundai Texas Cookout was hosted by the commander of U.S. Forces Korea, in support of the Korean-American alliance for senior leaders of the Combined Forces Command.

E-mail david.doherty@us.army.mil



## 아침식사의 중요성

이병 서기철

모든 사람이 알다시피 아침식사는 영어로 “Breakfast”이다. Fast가 굶은 상태를 의미하므로 풀어쓰자면 “굶은 상태에서의 해방”을 의미한다. 아침식사를 먹는 행위는 밤새 비워놓은 위에 음식물을 넣음으로써 비로소 위를 비롯한 내장기관이 정상적인 활동을 도와주는 촉진제이다. 하지만 많은 사람들이 바쁘다는 이유로, 맛이 없다는 이유로 식사를 거르고 있는 것이 사실이다. 이번주에는 우리가 생활하는데 아침식사가 얼마나 중요한 역할을 하고 있는지에 대해 알아보도록 하자.

아침식사는 업무능력을 배가시키는 촉매제

근무시간에 집중하여 일을 할 수 있으려면 꼭 아침을 먹어야 한다. 하루에 정신 활동 즉, 뇌를 움직이기 위해서 필요한 에너지는 얼마나 될까? 그것은 개개인의 활동량의 정도에 따라서 다르지만 보통 하루에 약 400 칼로리 정도의 에너지가 소모된다고 한다. 이것은 하루 종일 쉴 새 없이 움직이는 심장의 하루 소비 열량 140칼로리의 3배나 되는 것으로, 수천억 개에 이르는 수많은 뇌세포를 회전시켜서 활동을 하게 하는 데는 이처럼 많은 에너지가 필요하다는 것을 짐작할 수 있게 한다.

아침식사를 꼭 해야하는 까닭

첫째, 식품 영양학 분야에서 유명한 유태종 박사의 말에 따르면 아침을 먹지 않으면 자리에서 일어난 뒤 약 2~3시간 동안은 뇌가 자는 상태에 있다고 한다. 기상 후, 2~3시간 동안 눈만 뜨고 멍하니 있는 셈이다. 이런 습관이 오래된 사람은 아침식사를 먹든지 안 먹든지 그 시간에는 뇌가 이완된 상태로 있다고 한다.

아침식사로 빵 한 조각에 커피나 주스 같은 음식을 먹는 것은 뇌가 빨리 활동하도록 하는 데 별로 도움을 주지 못한다. 단백질은 뇌가 빨리 활동할 수 있도록 도와주는 데 특히 S.P.C (Stimulating Protein Components)라고 하는 단백질은 뇌를 자극하여 하루의 일을 시작하도록 도와준다고 한다. 완전식품(Perfect Foods)이라고 불리는 우유와 계란, 검정콩은 단백질 음식 중에서도 으뜸으로 꼽히고 있다. 계란도 조리 방법에 따라 그 영양에 차이가 있다. 각종 야채와 함께 조리하는 계란찜이 가장 좋고, 그 다음이 삶은 계란, 마지막으로 후라이다.

◆둘째, 아침식사를 거르면 에너지가 부족하여 하루의 활동을 위한 신체의 준비가 불충분해진다. 특히, 밥의 주성분인 포도당을 가장 많이 필요로 하는 뇌 활동이 떨어져서 지적 활동이 둔해지게 된다. 사람은 수면 중에 체온이 1도 정도 내려가고 체온이 떨어지면 뇌 활동도 떨어지게 된다. 따라서, 오전 중에 뇌 활동을 최고조로 끌어올리기 위해서는 아침

식사를 하여 수면 중에 떨어진 체온을 올리고 신체가 적절한 준비를 해야 한다.

◆셋째, 아침식사를 하지 않으면 호르몬 중추인 뇌하수체의 바로 위에 있는 시상하부 속의 식욕 중추가 오전 내내 계속 흥분 상태로 있게 되기 때문에 생리적으로 불안정한 상태가 지속된다. 이 식욕 중추의 흥분을 가라 앉히기 위해서는 아침을 먹어 탄수화물 식품을 섭취하여 혈당량을 높이고 생리적으로 안정된 상태를 유지하여 편안한 기분을 가질 수 있도록 하여야 한다.

◆넷째, 식사 습관이 불규칙하거나 간식을 불규칙하게 먹는 사람들의 경우, 식사할 때마다 조금씩 나오는 부신피질 스테로이드 호르몬 때문에 신체 리듬이 깨져 불안정한 상태가 된다. 부신피질 스테로이드 호르몬은 음식물을 분해해서 에너지를 만들고 대사 활동을 촉진시키기 때문에 두뇌를 많이 사용하는 사람들은 반드시 아침식사를 먹고 규칙적인 식사 습관을 가지도록 노력해야 한다.

그렇다고 과식을 해서는 안된다. 과식은 위에 부담을 많이 주게 되고 그렇게 되면 혈액이 위장으로 몰려 뇌에는 산소가 부족하게 만든다. 산소가 부족한 뇌는 피곤을 빨리 느끼게 되고 졸음이나 잠으로 이어지기 때문이다.

알맞은 아침식사방법

① 반드시 탄수화물을 섭취하자. 뇌를 충분히 활동할 수 있게 도와주는 밥, 빵과 같은 탄수화물이 풍부한 식품을 주메뉴로 선택하여 먹도록 하자. 단, 이때 약간의 과일이나 야채 등을 곁들이면 대장기능을 활발하게 하므로 더욱 좋은 식단이 될 수 있다.

② 우유나 주스 등 음료수만 먹는 것은 금물이다. 무언가는 먹어야겠다는 생각에 우유 한잔만 마시는 경우가 있는데 이는 매우 좋지 않은 습관이다. 우유는 빈속에 마실 경우 위산분비만을 촉진시키고 이를 중화시키는 기능은 없으므로 위염, 위궤양을 발생 혹은 악화시킬 수 있다. 따라서 빵, 콘푸레이크 등의 위에 오래 머물 수 있는 덩어리음식과 반드시 함께 먹어야만 한다.

③ 기름지지 않게 먹는다. 아침식사이 기름지게 되면 하루의 식단은 고지방식단이 될 수밖에 없다. 그렇게 되면 지방량이나 칼로리도 상당한 정도에 이르게 되므로 되도록이면 아침은 담백하게 먹도록 하자.

④ 과식하지 말자. ‘지나치는 것은 모자람만 못하다.’라는 옛말이 있다. 식사도 마찬가지다. 과식은 소화불량과 졸음을 일으켜 아침에 업무를 하는데 지장을 줄 수 있다. 따라서 음식물은 위의 약 70% 정도로만 섭취하는 것이 가장 좋고 이는 점심식사에 대한 식욕을 돋구는 데에도 도움이 된다.

This article is about  
“The Importance of  
Breakfast.”

## Learn Korean Easily



Language Instructor  
Minsook Kwon



“Sheek-sah shee-gahn eem-nee-dah.”  
“It’s time for a meal.”

Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
gu	nu	du	ru, lu	mu	bu	shu, su	ng	ju	chu	kuh	tuh
Double Consonants											
ㄲ		ㄸ			ㅃ			ㅆ		ㅊ	
ggu		ddu			bbu			ssu		jju	
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ		
ah	yah	uh	yoh	oh	yo	oo	you	ue	ee		
Double Vowels											
ㅘ	ㅙ	ㅚ	ㅜ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ	ㅣ		
ae		yeh		weh	wah	weo	wee		ui		

### Word of the week

# 한식

ㅎ; h, ㅏ; ah, ㅑ; n /  
ㅓ; sh, ㅕ; ee, ㅗ; g(k)  
‘hahn-sheek’

Korean food

### The phrase of the week

“I like Korean food.”

## 저는 한식 좋아해요.

### Juh-nuen hahn-sheek joh-ah-hae-yo.

I Korean food like

### Conversation of the week

오늘 점심 뭐예요?

**Oh-nuel juhm-sheem  
mwuh-yae-yo?**

What are we having for lunch today?

한식입니다.

**Hahn-sheek eem-nee-dah.**

It is Korean food.

어떤 한식입니까?

**Uh-dduhn hahn-sheek  
eem-nee-ggah?**

What kind (of Korean food)?

(비빔밥)입니다.

**(Bee-beem-bahp)  
eem-nee-dah.**

It is (Bibimbab).

매워요?

**Mae-wuh-yo?**

Is it spicy?

안 매워요.

**Ahn mae-wuh-yo.**

No, it is not spicy.

(불고기)(bool-goh-gee)(beef with season-ing vegetables)

(군만두)(goon-mahn-doo)(dumplings)

Share this column with a Korean co-worker.